

Indian Nectar,

T. Howell.

OR A *Harmonia*

1626

DISCOURSE

1620

CONCERNING

CHOCOLATA:

WHEREIN

The Nature of the Cacao-nut, and the other Ingredients of that Composition, is examined, and stated according to the Judgment and Experience of the Indians, and Spanish Writers, who lived in the Indies, and others; with sundry additional Observations made in England: The ways of compounding and preparing Chocolata are enquired into; its Effects, as to its alimental and Venereal quality, as well as Medicinal (especially in Hypochondriacal Melancholy) are fully debated. Together with a Spagyricall Analysis of the Cacao-nut, performed by that excellent Chymist, Monsieur la Febure, Chymist to His Majesty.

By Henry Stubble formerly of Ch. Ch. in Oxon. Physician for His Majesty, and the Right Honourable Thomas Lord Windsor in the Island of Jamaica in the West-Indies.

Thomas Gage, Survey of the West-Indies chap. 15.

Here [in a certain part of Guaxaca] grow many Trees of Cacao, and Achiote, whereof is made the Chocolate, and is a Commodity of much trading in those parts, though our English and Hollanders make little use of it, when they take a prize at Sea, as not knowing the secret virtue and quality of it for the good of the Stomach.



— Videant, intabescantque reliqua.



Printed by J.C. for Andrew Crook at the Sign of the Great Dragon in St. Paul's Church-yard. 1662.

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TO my Learned Friend Dr. Thomas Willis Doctor of Physick, and Reader of Natural Philosophy in the University of Oxon.



When I first entered upon the practise of Physick, I had the Honour of your Testimonial: and I now publicly acknowledge as well your favours, as that worth, which is universally known, and admired. Were I to celebrate your Panegyrick, I should not doubt to represent you as a second to Harvey: and I should not fear the resentments of others, if I compared him to Phrynis, whilst you are the Timotheus in Physick. But this is not my present Designe; but to tell you, I have finished the Discourse I promised you, of Chocolata: and I have augmented it beyond my thoughts, or yours. This Writing, as well as the Chocolata I presented to His Majesty, wants that perfection, which Time was to give it; I wish it have so good fortune, to please, as that did. I shall from Jamaica give you

a better Book, and (*I believe*) better Chocolata. And it is my resolution so to employ myself there, that I may not fail the expectation so many Eminent Persons have of me; nor will I ever see England, but with the satisfaction of having done something considerable.

That you may know how great Incentives I have to study, besides my own unspeakable inclinations; There are more then ordinarily interested in me, besides the King's Majesty; who alone is so great a promoter, and so competent a judg of merit, that to an Ingenuous Person there needs no farther inducement to deserve. But, besides Him, there is the Honourable Robert Boyle Esquire, Dr. Quatremain, Dr. Frasier, Physicians to His Majesty, and several other Honourable and Learned Personages. But, amidst so many concurring favourers, and abettours, if I tell you, that I allow a peculiar esteem, and remembrance for Dr. Willis, it is no more, then the real sentiments of one, who infinitely admires you, who is

Sir, your obliged humble

London, April
12. 1662.

Servant

Henry Stubbe.



The Preface to the Ingenuous
R E A D E R.

IT is long since, that I designed a particular enquiry into the *nature of Man*, and what it is, that we call *Life*, and by what means it is to be so preserved, that we may enjoy in this World an *undisturbed health*, and *serenity of minde*; together which those other comforts, the promise whereof is peculiarly annexed to the fifth Commandment, according to the *Septuagint*; Honour thy Father, and thy Mother, that it may be well with thee, and that thy days may be long in the Land; which the Lord thy God giveth thee.

This felicity, since that God put so great a value on it, that he generally in Scripture makes it a Type of the *Celestial enjoyments* hereafter, and illustrates them hereby, as being no odious Comparisons; and since the result of Solomon's wisdom, regulated by inspiration, and experience, amounts to this; That he hath perceived, and seen, that he

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*Eccles. ch. 2. is good, and comely, and that There is nothing
v. 24. ch. 3. v. better for a man, then that he should eat, and
12, 22. ch. 5. v. drink, and enjoy the good of all his labour ;
17. ch. 8. v. 15.* upon these Considerations, I did think it
merited my peculiar regards : and howbeit
the preached, but unpractised (and in many
parts false, and fictitious) Doctrine of Morti-
fication did seem to condemn such Enquiries ;
and the promulgation of them might seem
to encourage, or instruct men in Sensuality,
(a thing inconsistent with Christianity, and
that course of life, which I have followed
so, as that Presbytery it self, that is, Malice
and Dis-ingenuity heightened with all the cir-
cumstances imaginable in men on this side hell,
could never fix the least imputation upon me)
yet I thought, I ought not too much to re-
spect accidental abuses ; not to regulate my
self by what seemed fit, or true to others, but
what was really so, and conformable to
God's word, and the primitive practise : both
which (if we make not the Opinions of
Monks, and men retired unwarrantably
extra seculum, to be the sole Standard of
truth, and practise) did not repugn with
my designed Speculations.

The late changes in our Nation have dis-
engaged me from my former adherencies ;
and

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and I have no longer a regard, or concern for *Sr. Henry Vane*, or *Gen. Ludlow*, then is consistent with my sworn *Allegiance*. And I think, His Majesty is of so generous a nature, and of so transcendent a Grandeur, that I shall as little offend him by this Declaration, as I shall by the following course of my life, wherein I shall make Him all those returns, that the most deserving, and the most obliging person, and Prince, may expect from an ingenuous and resentive Servant, and Subject. It is but fitting, that so unparallel'd a candour, as His Majesty hath practised, should meet with reciprocal acknowledgments: and however it be accounted the fate of Kings, to do well, and to be ill spoken of; I think it a very hard destiny: and, though I have a very despicable opinion of the present age, yet I hope it will not be guilty of any such unworthiness towards our Sovereign. I shall make it my publick Profession, *Never did any* (saying, that I never violated a sworn *Allegiance*, nor took the Covenant, nor subscribed the Engagement) *never did any ever offend, or experiment a greater Goodness*. I go not about to extenuate my Crimes by saying, *Rebellion loses its name, where Presbytery is opposed;*

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or, that *The attempt in me was but the acknowledgment of uncommon favours received from others.* I am indebted to His Majesty for more, then an *Act of Indemnity and Oblivion.* His *Liberality* hath prevented my Services, and I already have had that Honour and Reward conferred on me, which to deserve I must change my *resolutions* into *actions*, and be what I intend. Were my *King* of a less merit, I should fear, that what I say might be apprehended not as the *dictates of Truth*, but occasioned by a *sence of Duty*, or *Flattery*: but he possesseth all *Heroick Virtues* in so peculiar a maner, that *Envy* it self must say, that it is want of *Time*, or *deficiency of Language*, not want of a *besitting Subject*, which makes me to enlarge no further,

I promised my ever-Honoured and Learned Friend Dr. *Willis* an account of *Chocolata*: and being detained beyond my expectation at *London*, to receive the benefit of what His Majesty had given me by way of *Advantage* to go into *Jamaica*, the Right Honourable the Lady *Windsor*, a Lady, that owes her *Elogy* and *Title* not more to her *Degree*, then *Worth*, gave me occasion to renew those intentions, and to make some *Essays* in compounding *Chocolata*; which first
found

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found her approbation, and then the Kings,
Had I written before, I could only have
given an account what others had said, or
done; now I can vouch my own *experience*,
and that I am not altogether unacquainted
with what I *write of*. I know, that Time
and Opportunity might have polished the
Work, and better'd my Enquiries. If I was
impatient to do *nothing*, I had not leasure
almost to do any thing. I have given as
good an account of things, as I could either
from my *own little tryal*, or the *report of o-*
thers. I have represented each *Authour* in his
own words: and where I seem to speak
concerning the modern practise in *Spain*,
my intelligence is not the less true, because
the margin doth not warrant it by some
citation. Sundry Digressions are rather at-
tempted, then pursued; but, if I live any
time in *Jamaica*, I shall in a second edition
correct the imperfections of this; many
whereof are unavoydable to me, because I
have not seen the Ingredients of *Chocolata*
growing, nor made such *Analyses* of them, as
are requisite to discover their nature.

I write not out of a designe to advance
the repute of our *West-Indy* Commodities in
the making *Chocolata*. What I say is the
Asse-

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Assertion of others, who did not intend by their Writings to serve the *English* Interest in *Jamaica*. The *Spanish* Dr. *Juanes de Cardenas* says as much as I do, viz. that Persons of a *vigorous* and *healthy* Constitution ought not to drink the same *Chocolata* with others of a more *cold* and *phlegmatick* Complexion: but to have a Composition of their own mixed with fewer Spices, and those of *West-Indy* growth (which, he saith, were created for that use) and to be taken with *Atole*. His words are *Los tales* (sc. those of a Complexion inclined to heat) *bebale con Atole* (that being of a temperate nature) *y echenle m i poca especie, y essa antes sea de la tierra* & sc. of *Jamaica*, or *Tabasco*) *que de Espanna, por que la de aca parce, que solo fue criada para esso*.

Nor have I more endeavoured to serve myself, then the *Island* in the subsequent Discourse: for I obtrude not on the world a bad *Chocolata*, having shewed the errors and hazards in the vulgar compositions, but what his Majesty approved (a) [then whom

(a) It is the same, that is used in *Mexico* and brought from *Guaxaca*

to the *Spanish* Court, and now used there: it varies in nothing, but what is more peculiar to the *Spanish*, then *English* gust. I call it *Chocolata-Royal*, because the *Spaniards* do so, whom I follow; and it is usual with that Nation, to express an excellent *Manjar* by the Title of *Royal*.

there

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there can be no more competent Judg] and what hath received the commendation of others well-acquainted with the variety of *Chocolata*, sold, and made in this Nation. I have set down the ways of *Ledesma*, and *Zacchias*, and the way, by which the *Chocolata* is commonly made. And I have left in the hands of an *honest* though *poor* man, *Richard Mortimer* in *Sun-Alley* in *East-Smith-Field*, both my common-*Chocolata-receipt*, and that other of *Chocolata-Royal*; both which are fitted for the use of such as are in health, or not of a very weak stomach, being made up with *milde Spices* of *Jamaica*, and such, as may securely be used by the most healthy. They, who would have particular *Chocolatas* made, may have recourse to him, and rely upon his honesty to prepare them carefully according to my Method: which, though infinitely laborious, he is resolved to follow. I chose him, because I found him, of all others, tractable to observe my directions, and to make what Experiments I pleased: he lived in *Spain* many years, and is as *skilful*, as *honest*. He will attend on any *Physician* of note to receive his *directions*, as also to inform him, (if he would vary from my ways by *any addition*) what

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what may be added, and what quantity to each proportion of *Chocolata*.

I gave him the *Receipts* not only as a reward for the pains and trouble I put him to ; but out of a sense of publick utility, there being so many frauds in the making of it : it being so ill wrought up (whence comes the settling) besides the mixture of several Ingredients either hurtfull, or impertinent. The way I make my *Chocolata-Royal* agrees almost altogether with that, which is followed in the Court of Spain, where the mixture of *Anise-seeds*, *Nutmeg*, and *Maiz* is disused, and confined only to the common *Chocolata-sellers*. Whilest (to give you the words of a Learned Spaniard) This other Composition seems to have all that perfection, which attends the last designs, and contrivances of Men, after many fore-going tryals ; and which is observed to displease no body : all the change of Ingredients for so many years past did but prepare way for this ; which he observed to continue in a very good body, the Ingredients exactly fermenting, and having an excellent scent: and the Taste is neither hot, and biting, nor totally insipid. I shall not vary any thing from my way here in England, but perhaps at *Jamaica* I may

im-

improve it much, both in the *making it up*, (which I suppose may better be done there, then here; but will give no reason, till I see it to be true) and in the adding some *Ingredients*; which if it succeed, I shall take care, that *England* know it, and have the benefit thereof.

Because that *Richard Mortimer* lives so far off, I have appointed, that his *Chocolata* of both sorts shall be to be sold at Captain *Beckford's* at the *Custom-house-key*: the best *Chocolata*, call'd *Chocolata-Royal*, will cost six shillings six pence each pound, weighing about thirteen ounces, or somewhat more: the ordinary *Chocolata*, weighing about fifteen ounces each pound, will cost three shillings and eight pence. And in the same place they may be furnished with the best *Cacao-nuts*, which I could yet ever see in *London*; and also with *Jamaica-Pepper*.

I shall conclude with this Premonition: that the ensuing *Discourse* was written at a great distance from my own *Library*, in a place, where frequent interruptions, and diversions scarce ever yielded me an hour's leisure entire to my self: and, as this is a sufficient excuse for its many imperfections, so it must particularly *Apologize* for several

several Repetitions, which will occur; for having not time to review what I had, written, and being willing to omit nothing, I have, I believe, repeated several times the same thing. But, *if it please God*, I arrive safely at *Jamaica*, and enjoy that settlement, which I promise my self from the right Honourable the *Lord Windsor*, (my singular good Friend, and Patron, and the worthy Governour of *Jamaica* under His Majesty; one in whom concur those Qualities, that might justly recommend him for so important a charge to the choice of the best and wisest of Princes, Loyalty, Valour, Prudent Conduct, Moderation, and Affability; and under whose Government no Man ought to entertain other despair, than what his own Worthlessness creates in him) when I shall be safe and secure there, and amidst my own Books, as well as the *Simple*s mentioned here, then I will revise, and so enlarge this Work, that nothing shall be wanting thereunto.

*Nunc te marmoreum pro tempore fecimus; at, tu,
Si foetura gregem suppleverit, aureus esto.*

And, as I shall endeavour wholly to oblige

lige man-kind with further Observations and Enquiries concerning *Chocolata*: so, I hope, my example will stir up others to the like performances; and that Persons of ingenuity will either publish their *Observations*, or direct them to me, and leave them either with the Lady *Windsor*, or with Mr. *Andrew Crook* in *St. Paul's Church-yard*, *Book-seller*, to be sent to me, that I may not be ignorant of what effects *Chocolata*, or its particular Ingredients have here in *England*; what new preparations and mixture of the *Cacao-Nut*, or *Spirit*, or *Oyl* are successfully contrived, or ingeniously, to inform, or otherwise benefit men: and I do here solemnly profess, that I shall render all such Persons their due acknowledgment in *publick*, and shall readily serve them any way, during my being in *Jamaica*.

[illegible]



A

DISCOURSE

CONCERNING

CHOCOLATA.

C H A P. I.

*Concerning the Name of Chocolata, and its
being universally used.*

THe drink called ordinarily *Chocolata* is by the *Indians* called ^a *Ghocolatl*: and is compounded of *Atte*, as some say, or, as ^{a Hernandez herb. Mexic. l. 3 c. 46. Gul. Piso in Mantiss. Acan} others, *Atl*, which in the *Mexican* language signifies *water*; ^{romat. c. 17.}

and from the *sound*, which the *water* (where-
in is put the *Chocolata*) makes, as ^b *Ghoco*, ^{b Gage's Sur- vey of the West-Indies, c. 16,}
Choco, *Choco*, when it is stirred in a cup by
an Instrument called a *molinet*, or *molinillo*,
untill it bubble, and rise into a froth. I shall
not pursue other derivations of the name, it

B

being

It is called being sufficient, that we understand one and the same thing by the several appellations of *Chocolatl*, *Chocolata*, (so it is usually called) *Chocolatte*, as Mr. Gage names it; or *Succolata*, *Chocholate*, as ^c *Acosta*; or *Succulata*; as ^d and *Chuculate* *Mynsicht* terms it; or ^e *Cacaotl*, and ^f *Ca-* by *Schroder*. *Pharmac.* l. 4. *caotl*, and ^g *Cacauatl*: all which names it ^c *Acosta* *Histor.* bears in the *Mexican Herbal*, as well as that nat. & moral. of *Chocolatl* aforesaid.

Indiar. l. 4. c. 22
d

^e *Hernandez*

l. 2. c. 4.

^f *Hernandez*

l. 3. c. 41. l. 5.

c. 13.

^g *Hernandez*.

l. 5. c. 41.

^h *Gul. Piso* in

Mantiss. Aro-

mat. c. 17.

In *America* several Countries have several drinks made out of roots and fruits variously prepared. The Northerly ^h tract thereof principally seems to use the drink called *Chocolata*, in *New-Spain*, *Mexico*, and the neighbouring Provinces. If we may believe Dr. *Juanes de Barrios*, who lived in those parts, it hath been immemorially drunk in the Province of *Guatemala*, and as particularly appertains to that Country, as *Mead* to *Lithuania*, and *Ale* to *England*; however it may have diffused it self into other parts. And indeed it hath prodigiously spread it self not only over the *West-Indies*; but over ⁱ *Spain*, *Portugal*, *Italy*, *France*, high and low *Germany*, and *England*, yea *Turky*, and *Persia*: and hath been recommended by sundry learned ^k *Physicians* to the world. So that it may well merit our regards to enquire into the *Nature* and *Reason* of a drink endeared unto us by so great a repute, as the *General usage* of the *Nobility* and *Populace* of both *Sexes*, and the *Authority* of the *learnedst* and *most observing persons* can give it.

It

ⁱ *Gage* c. 16.

Piso in *Mantiss.*

Aromat.

c. 17.

^k As *Hernandez*,

Piso, *Zac-*

chias, *Severin-*

us, & others.

It is so generally used in the *Spanish Colonies* of the *West-Indies*, by the Natives, and other Inhabitants; that it alone makes up both the necessary provision for their sustenances, and their delicacies for extraordinary entertainments for pleasure. This is confirmed by the general vogue of the *Indian* writers: and whosoever shall have read Mr. Gage will no longer doubt it, when he shall find, besides the particular Chapter, in which he designs a special account of it, (most of which is transcribed out of *Anton. Colmenero de Ledesma*) how at sundry times he was treated there, with by way of a magnificent collation: and, being to travail, he makes a store of *Chocolatte* to be as important a care, as any for a journey. In *Spain* it is drunk all Summer, once, or twice a day; and indeed at any time, by way of entertainment: for however Physicians there endeavour to confine the people to Rules, yet is it generally drunk without regard to any: and it is there, as well as in the *Indies*, all the year long. It is drunk, by the allowance of the Physicians, once, or twice each day: and by the prevalence of custome, as often as there is occasion for entertainment, or that one is tyred through business, and wants speedy refreshment. There is a controversy about the convenience of taking it in Summer; since *Anton. Colmenero* disallows it beyond May. But others, as learned and observing as he, permit it all the year: and for Experience

(which he takes notice of) they vouch the general practise of *Sevil*, both of the King, Court, and City. *Nobis videtur consultiſſimum omni ætatis tempore potionem ſumere Chocولاتis. Et, ſi ad comprobationem valet Experientia, hoc in communi vita civium Hiſpalenſium (cum ſit hæc calidiſſima regio) ita feliciter ſentitur ab omnibus, ut illo carere ſit apud illos infelicitas major. Et huic accidit, quod illo tempore ſit hominum natura laxa maxime, & fere diſſoluta: &, ſi verum fari licet, neminem per hæc tempora video a Chocolate abſtinere, neque inter intemperantes Proceres, neque temperatiſſimos Hiſpaniæ Reges, nec mediæ fortune cives. Et nobis certe videtur, nullo magis tempore, quam æſtate prodeſſe Chocolate. I think it moſt fit to take Chocolate all Summer long. And, if we recurr to Experiments, this is the general practise of the Inhabitants of Seville (which yet is a moſt hot country) ſo that they count it a great miſfortune to be deprived of it. Beſides, at that time of the year, our bodies ſuffer a greater exolution of Spirit, and are more relaxed in their Pores, then at other times. And, to ſpeak the truth, at this time of the year, I obſerve, that neither the moſt intemperate Courtiers, nor the moſt temperate Kings, nor vulgar Citizens do refrain it. And I think it never more neceſſary, then at that ſeaſon of the year. To evidence further the prevailing uſe of Chocolate, we are to know, that in Spain, as well as the Indies, people*

people will not refrain it on *fasting-daies*; and it is become a *Case of Conscience* managed with more then ordinary contests, Whether the *taking of Chocolata* be a *violation of Ecclesiastical Fasts*? The *Moralists* and *Physicians* divide upon it: nor is there one considerable Argument produced for the necessity of taking it on *Fast-days*, and so of reconciling it to *Ecclesiastical Fastings*, but that of *custome*: which how *authentique* an argument it is in this *Case*, I leave to the disputes of others; being content to have proved the *universal acception* of this drink amongst the most *sober* and *wisest* of men.

C H A P. II

Concerning the Composition of Chocolata.

BEING now to speak more particularly of *Chocolata*, to prevent ambiguities, I must tell my Reader, that however I have in the foregoing Chapter spoken of *Chocolata* as a drink, accordingly as it is ordinarily mentioned by Writers, and in vulgar speech; yet now I shall speak of it as a *paste*, or *mass*, made into *cakes*, *lumps*, *rouls*, *lozenges*, or enclosed in *boxes*, (as it pleaseth the worker to make it up) which is to be dissolved in the water, and so makes but a *part* of the *potion*, or *drink*, yet is ordinarily termed *Chocolata*, though not without some impropriety

priety of language, if we credit the already-mentioned derivation of *Cbocolatl*.

The *Indians*, as they in all things almost affect a simplicity, so in the making of *Chocolata* they did not multiply *Ingredients*; and cared rather to preserve their health, then to indulge their palates: of which they have been so solicitous, that, had not the *Spanish* luxury and curiosity varied its composition with multiplicity of mixtures, either we had never been acquainted with this drink, or we must have been contented to be treated, as the invincible *Cortez* was by *Moteczuma*, the last and most illustrious King of *Mexico*. *Bernaldus del Castillo*, one of *Cortez* his Souldiers, relating his own exploits under that famous General, in his

Chap. 91.]

Chapter entitled, *De la manera y persona del grande Moteczuma, y de quan gran Señor era*, makes report of the stately Banquets of that Prince; and adds, *Triante frutas de todas, quantas avia en la tierra, mas no comia, si no muy poca, y de quando en quando: traian unas como copas de oro fino, con cierta bebida hecha del mesmo Cacao, que desian era para tener acceso con mugeres, (en este lengua se habla) enforçes no miravamos en ello mas lo que yo vi, qua traian sobra cinquenta jarros grandes hechos de buen Cacao, con su espuma, y de lo que bebia, y las mugeres le servian al beber con gran ocató: y al tiempo del comer le assistian algunos Indios, truanes que le desian gracias, y otros que le cantavan, y bailavan,*

per

por que el Motezuma era mui aficionado a placer ; y aquellos mandava dar de los relieves, y jarros de Cacao. That is,

They brought in the several sorts of fruits, which they had in their Country, but they eat but a very little of them, and that but leasurely, and at intervals : they brought some in cups of fine gold, with a certain drink made of the Cacao it self, which they said was effectual to provoke lustful desires towards women (as they told us in their language) in which we admired nothing more, then that they brought in above fifty great jarrs made of good Cacao, with its froth, and that they drank it, the women serving them with a great deal of respect : and when he [Motezuma] did eat, several Indians stood by him, which gave thanks, and others, which sung to him, and danced before him, Motezuma being much given to pleasure : and he commanded the reliques of his feast to be given away, and the jarrs of Cacao.

And a little after he saies, *Luego comien los de su guarda, y otros muchos sus serviciales de casa, y me paresce, que sacavan sobre mil platos de aquellos manjares, que dicho tengo : pues jarros de Cacao, con su espuma, como entre Mexicanos, se base mas de dos mil, y fruta infinita.* That is,

Afterwards his Guards, and other servants did eat, and, I think, they had above a thousand dishes of the aforesaid delicacies.

After which they had brought to them jarrs of *Cacao*, with its froth, according to the *Mexican* fashion, to the number of two thousand at least, besides an infinity of fruit.

Here is no mention of any thing, but jarrs of *Cacao* together with their froth: which could not have frothed so, had they not been preparations of *Cacao* nuts made into a *paste*, and reserved in *cakes* for the sudden use of a *thousand cups*; they were dissolved in water, and frothed by agitation of the *molinet*: for without such agitation the *Cacao* would not froth, nor would it continue in a froth, unless that some of the meal of *Indian* wheat, or *Maiz* made into *Atole*, were mixed with it. And this I find to have been the first composition of *Chocolata*. ^b In

^b Hernandez
L. 3. c. 46.

acute diseases to away heat and fervour, and in hot distempers of the *liver*, they gave the *Cacao* nut, punned and dissolved in water, without any other mixture. In case

^c I know not what this *Pocholt* should be, if it be not *Maiz* (there being as great variety of names, as *Kingdomes* in the *Indies*) or *Paniso*: both which I find to have been put into the *Chocolata* of old.

of the *bloody flux* they mixed the said nuts with a gum called *Olli*, and so cured them miraculously. Nor did they acquiesce in simple preparations of the said *Cacao* nut; they took of *Cacao* nuts, and a grain called ^c *Pocholt*, of each an equal quantity, & grind-ed them together in equal proportions; and, when they used it, they took that *paste*, and dissolved in an earthen vessel, and agitated it with a *molenillo*, till the more oily parts and fatty did swim on top: then did they take of the said unctuous part, and put

to the rest some meal of *Indian* wheat, and having reduced it to a potable liquor, they did remix the *oyl*, or *fat*, taken off before, and so drunk it *luke-warm*. And this is the *Chocolatl*, of which *Hernandez* speaks, and calls peculiarly by that name in his Chapter concerning *Cacana Quabuitl*, or the *Cacao*-tree. And that this was the primitive *Chocolata* seems evident from what *Benzonus* *Benzonus* l. 2. says, who lived there amongst the first Planters. He travailed through the Kingdom of *Nicaragua*, and observed, that they made a certain *cooling-drink* of the *Cacao* nuts : they grinded the nuts into a *paste*, and, when they used it, they dissolved it (being *pouder'd*) and milled it, tempering it by little and little with water in an *Indian* cup : and sometimes they added a little *pepper*; and this was their ordinary drink ; which they did drink themselves, and gave to wearied travellers, as well as to the sick. This they offered to *Benzonus*, and when he with an abhorrency refused such a drench, they admired, and laughed at him. But certainly it was not improved to any deliciousness of taste, since he saith it was *bitterish*, and that it was more fit to be *begs-wash*, then drink for *rational men*. The same may be collected from *Acosta*, who saith, that *The* *Wistor. Ind.* *chiefest use the Indians make of Cacao is in* l. 4. c. 22. *a drink, which they call Chocholate, where of they make great account in that countrey, foolishly, and without reason : for it is loath-*
some

Mr. Gage, speaking of the ordinary Indians of Guatemala, yet it is a drink very much esteemed amongst the Indians, wherewith they feast Noble-men as they pass thorough their country.

poor simple

Chocolatte, without Sugar, or any compounds, or of Atole, untill their bellies be ready to burst. And in the same Chapter, a little before, he says, they call their neighbours to Chocolatte, and finish an house without any charges, more then of help them, which they minister in great cups of above a pint, not putting in any costly materials, as do the Spaniards, but only a little Anise-seed, and Chile, or Indian pepper: or else they half fill the cup with Atole, and pour thereon as much Chocolatte, as will fill the cup, and colour it.

This is that original *Chocolata*, to the use whereof the *Indians* were brought, not by any delicacy of the tast, but evident testimonies and use of its great utility. *Hujus porionis longa experientia satiati, utilibus admoniti*; so saith Dr. *Juanes de Barrios*, who lived there immediately after the conquest; as also did *Hernandez*, and *Benzonius*, and *Acosta*.

It is then clear, that the *Indian* ordinary *Chocolata* was made of the *Cacao* nut, and meal of *Indian* wheat, and water, and *Pocbolt*, and now and then some Pepper called *Chille*, which was put in, more, or less, according to the necessity of the Patient's stomach, or other circumstances: So that they made divers sorts of it, some hot, some cold, some temperate, and put therein much of that *Chili*, or *Chille*. So saith *Acosta* in the place

place above-mentioned. And I observe, that *Hernandez*, though in the making up of *Chocolatl*, where he speaks of the composition of it, (which is to be supposed the ordinary one, because absolutely and indefinitely mentioned there) he add no more Ingredients, then I have already mentioned, yet in other places he tells us that for weak, ^f phlegmaticque, and windy stomachs, they added *Xochinacaxtli*, or your *g* *Orichelas*: ^g *Gage* calls them *Orejuelas* ^h *Id.* l. 2. c. 17. so they added *Tlilxochitl*, or the ^h *Vaynillas* for the like ends, and to strengthen the brain, and womb. To give it an adstringency, and to strengthen a stomach debilitated, and prone to a flux, or *diarrhea*, they added ⁱ *Achiotl*, or *Achiote*. So, in case of cold ⁱ *Id.* l. 3. c. 41. Stomachs, and Phlegmaticque Obstructions, they added ^k *Mecaxochitl*; which *Anton. de* ^k *Id.* l. 5. c. 13. *Ledesma* and *Gage* call *Mecasuchill*: and *Paulus Zacchias*, *Mecacube*. And, in case of Coughs, they added ^l *Tepeyantli*. But, besides ^l *Id.* l. 3. c. 41. these drinks, confessedly owned by *Hernandez* under the name of *Chocolata*, there is another, which however it be not reckoned as a sort of *Chocolatl*, but distinct from it, yet was it made of *Cacao* nuts, and seems to have been a leading drink to the *Chocolata* now in use: and it is called by *Hernandez* the ^m compounded *Atatexi*. The simple ^m *Id.* l. 3. c. 46. portion of *Atatexli* is made of one hundred *Cacao* nuts, crude, or prepared, and ⁿ beaten well, and so mixed with as much prepared *Maiz*, as can be taken up betwixt both hands

hands joyned together. *Compounded Atatexli* was made by the addition of *Mecaxocbitl*, or *Mecasucbill*, *Xochinacatzli*, or *Orichelas*, and *Tlixcochitl*, or *Vaynillas*. These were powdered, and mixed with the rest afore-mentioned Ingredients of simple *Atatexli*, and being well milled, they powred them out of one vessel into another, lifting it up on high, that so it might richly froth, and the more fat and oily parts swim on the top, and render it more pleasant. This Potion was not used for sustenance alone, or as a drink invented by an enforcing necessity, but, out of a luxurious designe, to provoke lust: whereas the simple *Atatexli* did refrigerate.

I must beg pardon of my Reader for representing so imperfectly the afore said *Indian* drinks; for the *Mexican Herbal* is so defective; as it is published in *Latin* (for the *Spanish* is incomparably better, if I may judge thereof by some citations, I have seen) that I have the satisfaction by omitting nothing that is material in that book; that whosoever, with no greater helps then I have, should engage in the same affair, would not discharge the employment better then I have done.

When I consider the afore said *compounded Atatexli*, and compare it with the present compositions of *Chocolata* at this day recorded, I cannot think, but what we use at present is the descendent of that *Atatexli*,
and

and not of *Chocolatl*: for the Ingredients are *Cacao-nuts*, *Mecaxochitl*, *Oricbelas*, and *Vaynillas*, are the same; the manner of using it the same: and, at this day, the *Indians* and *Black-moors* ^{n Gage c. 163} do mix *Maiz* with their *Cacao-nuts* in the grinding, putting in withall *Achiote*, *Anise-seeds*, and a few *Chiles*, or red Pepper.

And, now I come to speak of the present ways of making *Chocolata*, I shall represent those ways, which are authenticated by Physicians; and among these that of *Antonio Colmenero de Ledesma* first occurs-

o To every hundred nuts of *Cacao* he put ^{o Gage c. 163} two cods of *Chile* called long red Pepper, ^{Piso in Mant;} one handful of *Anise-seeds*, and *Oricbelas*, or *Orejaclas*, and two of the flowers called *Mecacucbill*, one *Vaynilla*, or instead thereof (if the party were costive) six *Alexandrian* *Roses* beaten to powder, two drams of *Cinnamom*, twelve *Almonds*, and as many *Hasel-nuts*, half a pound of *Sugar*, and as much *Achiote* as would colour it. ^{Ar. c. 176}

Paulus Zacchius in his *Italian Discourse* about *Hypochondriacal Melancholy* doth propose this way.

P Take twelve pound of *Cacao* nuts finely ^{pPiso in Mant.} powdered, of *Cinnamom* finely powdered ^{Aromat. c. 176} one pound, half a pound of *Anise-seeds*, six *Vaynillas* finely powdered, four handfulls of the flowers of *Mecacuce*, or *Mecaxochitl*, of *Maiz* three pound, one pound of

of *Aionxoli* (or half a pound of sweet Almonds) bruised and well beaten, of *Achiote* half an ounce, of Sugar four pound, or as you please.

Instead of *Mecaxochitl*, and the *Vaynillas*, he allows to substitute one Nutmeg, and twelve Cloves. Out of these he bids us frame a mass.

Besides these Prescripts, other Receipts put in other Ingredients with a great variety, and difference one from the other : some put in a proportion of *black Pepper* ; some of *long Pepper* ; some retain that of *Chilli*, or long red Pepper ; *Cinnamom*, *Cloves*, *Almonds*, *Hasel-nuts*, *Orejuela*, *Vaynillas*, *Musk*, *Amber-grease*, *Orange-flower-water*, are things usually put in, or omitted ; as also *Nutmeg*, *Limon* and *Citron-pill*, *Cardamoms*, *Fennel-seeds*, *Chymical oyls* of *Nutmeg* and *Cinnamom*, and the most delicate Spice called *Jamaica-pepper* ; nay and *Achiote* too is sometimes left out, or changed for *Santal*, according to the devise of the *Chocolata-maker*, or particular exigency of the Patient's disease.

In the common *Chocolata* sold so cheap there is not any thing, but eight ounces of the *Nuts* prepared, and powdered, seven ounces of Sugar, and one ounce of Spice ; they cannot afford to pick or hull their *nuts*, nor to *searce* them : for they sell it in the *Chocolata-feller* for two shillings, or half a crown, each pound ; the *Dutch* for *eighteen*, nay *twelve pence* : nor do they know the difference betwixt one sort of *nut*, and another.

per :

per, and as much of *Cloves*, *Nutmeg*, and *Limon-pill*, some colour it with *Achiote*; some decline to do so, some put into each pound, to make it extraordinary, six grains of *red Pepper*, or *Chiles*. The *Jews* at *Amsterdam* put in *Bean-flower* usually, instead of *Maiz*.

In the making of it up these Directions are given by Mr. *Gage*.

‘ The *Cacao* and other Ingredients must
 ‘ be beaten in a mortar of stone, or (as the
 ‘ *Indians* use) ground upon a broad stone,
 ‘ which they call *Metal*, and is only made
 ‘ for that use : but first the Ingredients are
 ‘ all dried, except the *Achiote*, with care,
 ‘ that they may be beaten to powder, keep-
 ‘ ing them still in stirring, that they be not
 ‘ burnt, or become black : for, if they be o-
 ‘ ver-dried, they will be bitter, and lose
 ‘ their virtue. The *Cinnamom*, and the
 ‘ long red *Pepper* are to be first beaten, with
 ‘ the *Anise-seed*, and then the *Cacao*, which
 ‘ must be beaten by little and little, till it be
 ‘ all powdered: and in the beating it must be
 ‘ turned round, that it may mix the better.
 ‘ Every one of these Ingredients must be
 ‘ beaten by it self, and then all be put into
 ‘ the vessel where the *Cacao* is, which you
 ‘ must stir together with a spoon, and then
 ‘ take out that paste, and put it into a Mor-
 ‘ tar, under which there must be a little fire,
 ‘ after the Confection is made : but if more
 ‘ fire be put under it, then will warm it,
 then

' then the unctuous part will dry away. The
 ' *Achiote* must also be put in in the beating,
 ' that it may the better take the colour. All
 ' the Ingredients must be searced, except the
 ' *Cacao* : and, if from the *Cacao* the dry shell
 ' be taken, it will be the better, where it is
 ' well-beaten, and incorporated (which
 ' will be known by the shortness of it) then
 ' with a spoon (so in the *Indies* it is used)
 ' is taken up some of the paste, which will
 ' be almost liquid, and made into Tablets,
 ' or else without a spoon put into Boxes,
 ' and when it is cold it will be hard. Those,
 ' that make it into Tablets, put a spoonfull
 ' of the paste upon a piece of paper, (the
 ' *Indians* put it on the leaf of the plant in
 ' the tree) where being put into the shade,
 ' (for in the sun it melts, and dissolves) it
 ' grows hard : and, then bowing the leaf,
 ' or paper, the Tablet falls of, by reason of
 ' the fatness of the paste; but, if it be put into
 ' any thing of earth, or wood, it sticks fast,
 ' and comes not off without scraping, or
 ' breaking.

I never saw any *Chocolata* made up in a
 mortar, my self; nor do I understand how
 the mixture can be accurately made therein.
 Some beat the Spices severally in a mortar,
 and searce them curiously : but, as the ve-
 hement agitation of the pestle doth dissi-
 pate the more subtle parts, (and it is long
 in doing) so it doth not equally break them
 into small particles, notwithstanding their
 their

their passing the searce : I conceive it a much better way, to beat the greater Spice grossly, and afterwards to mix the *Vaynilus*, cut into pieces, and dried, and so to grinde them on a stone-table (such as are made on purpose to make up *Chocolata*) and so with less trouble, and less dissipation of Spirits, and subtle parts, (a gentle fire being under) will they grinde to an impalpable Powder, (each acting upon other in the grinding, as well as being pressed by the iron rowler) and, besides that, mix most accurately. The Spicery being thus prepared, the *Cacao* nuts are dried either on a digesting furnace, or in a kettle over the fire, stirring and turning them carefully, that the nuts may so dry as to shell, but not to burn : for then the *Chocolata* will be bitter. Being pill'd, or shell'd, the nuts, being cold, will beat to a powder, which you may searce, (as you do the Spice) which is the best way, and practised by the best *Chocolata*-makers in Spain, and by my self always. The *bulls* also, many of them, are beat by themselves, & mix'd afterwards with the nut, and Spice, to compound *Chocolata* ordinarily in Spain, and by many in England, to make the common *Chocolata*. And Mr. Gage, and Piso, whilst they say it is better to leave out the *bulls*, leave us to conjecture, that many put them in all. Having thus prepared the Spicery, and Nuts, they are to be mix'd, and grinded on a table, with a gentle fire under

it. In the working, if the fire be too hot, the Nuts will run into too great an oyliness, or dissolution of the fatty parts, and the *Chocolata* will not keep any time. If it be too cold, it will not *work*, but stick to the rowler. From whence we may judge of the

controversie, whether an iron, or stone-table be best: for on a *thin iron-table* it is impossible to preserve an *equal heat*, and consequently some parts of the *Cacao* nut will be reduced to too great a dissolution and unctuousness, and others to too little: and this inequality must needs occasion an unequal mixture of parts, and consequently a propensity to corrupt: besides that they are enforced to make it up too soon (it growing too *oylie*) before the parts are equally mix'd. But under a thick stone-table each degree of encreasing heat is soon observed, and remedied. I must also add, that an iron-table works the *Chocolata* blacker, then doth a stone.

It doth also work blacker on an iron-table: but who prefers a stone-rowler, before an iron one, must never have undergone the trouble of working with the former: which is much greater then with an iron one; as far as I could see: nor was the *Chocolata* better.

CHAP. III.

An enquiry into the nature of the particular Ingredients, whereof Chocolata is made.

THe *Cacao* nut, as it is the principal and constant Ingredient in the composition of *Chocolata*, so it merits an exact enquiry into its nature: for it is by it, that we are mainly

mainly to give an estimate of the nature and effects of the whole Composition.

The *Cacao* nut (if I may so call it, and not rather the seed of a greater, but disregarded fruit) is a Nut bigger (or as big) as a great Almond, which grows upon the *Cacao*-tree, and ripens in a great husk, wherein sometimes are found more, sometimes less *Cacaos*; sometimes twenty, sometimes thirty, nay forty, and above. The tree is call'd by the *Indians* *Cacana Quahuatl*, it grows (wilde in the moist grounds of *Guatemala*, and *Nicaragua*; and by plantation elsewhere) to an indifferent height, equal to our largest Plum-trees in bigness; it abounds in foliage, and the leaves are sharp-pointed, compar'd by some to the leaves of a Chestnuts, and by others to the leaves of an ^a Orange. It bears a great Flower, of a ^b Saffron-colour; which fading way, there succeeds a large fruit call'd *Cacahuacentli*: when it is ripe, it is as big^c as a Musk-melion, as thick, and as weighty; if we may believe *Piso*, and *Hernandez*: them to Cucumber, though others think the comparison too large, since (in *Jamaica*) they are not observ'd to exceed the bigness of a large Pear. But there are several sorts of *Cacao*-trees (and their Nuts differ more or less in faculty) so that difference of trees and soils may occasion the discrepancy of Authors. Within this putaminous husk, or large fruit, ly the *Cacahuatl*, or (as the

^a By *Antonius Herrera*.

^b *Piso*, and *Hernandez*.

^c *Benxoni*

compares

them to Cucumber

for

size: *fructus Amygdalorum*

speciem referens, *siliquis*

quibusdam veluti cucurbitis

includitur, *crassitudine*

latitudine

cumeris.

d *Ludovicus*
Lopes t. 2. In-
 struct. confc. c.
 112. calls it
Checa. And
Piso in *Latine*
Cacacius. *Ben-*
zonius saith, it
 is usually
 call'd by the
Indians *Cac-*
cauate.

e This is the
 comparison
 used by *Piso*,
 but the re-
 semblance is
 not very
 great, especi-
 ally in some
 sorts of Nuts.

d *Spaniards* corruptly call them) the *Cacao*
 nuts, being about the bigness of Almonds,
 each of them enveloped in a slimy sub-
 stance, and film, of a Phlegmatique com-
 plexion, but of a most relishing tast: which
 the women love to suck of from the *Cacao*,
 finding it cool, and in the mouth dissolv-
 ing into water. Under which is another
 shell, which, when bak'd in the Sun, some-
 what resembles the colour and substance of
 a Chesnut-hull. Under that hull is lodged
 that nut, which is the most pretious com-
 modity in the *Indies*, as *Acosta*, and others
 tell us, and which makes up chiefly our
Chocolata. It is of a colour like to the out-
 side of a Chesnut, and divided into several
 scissures, and pieces, as is a *cow's-kidney*,
 but yet joyned together, and in those small
 divisions (after drying) there seems to re-
 main some little reliques of a Phlegmatique
 moisture, which often degenerates into an
 hoariness, and at last ends in the final
 corruption of the Nut. It is of such a sub-
 stance, that being dryed on a digesting for-
 nace, or pan, it will beat to a fine powder:
 being laid on a stone, or table, the least
 warmth makes the said powder dissolve into
 an oyliness, or fattyneess instantly; and it will
 alone work into a paste, without any inter-
 mixture, and keep a year. Which paste well
 made up alone (or with *Pocbolt*) was, I pre-
 sume, all the *Chocolata*, that *Motexuma*, and
 the antient *Indians* had, then dissolving it in

Atole.

Atolle. It will beat into a Powder, and so may be remix'd with new Ingredients of spicery, and sugar, to make the more delicious *Chocolata*. I took a quantity of it (being exquisitely ground) and dissolved it in hot water, and having let it stand a while by the fire to dissolve, I milled it, (without the mixture of any thing, but pure *Cacao* paste, and water) it frothed moderately, but the froth was but of little continuance, and, being suffered to cool, it gathered like fat (both in colour, and substance) on the top of the most fat broths, or portage, to a great thicknesse: but when it came to be cold, however it had before a resemblance rather of fat, then oyl, it gathered into a resemblance of cream; and indeed it had just such a consistence, but the colour was yellowish. To the bottom there did settle a great quantity, which I took, and tasted of: and I found it to tast just as *Almond butter* exactly, as to its *unctuousnesse*; but it had the bitternesse, which is proper to the *Cacao* nut. The water it self beneath the cream was reddish, and after I had purely taken of the cream, it had not only a fatty tast, but taking some out, and bathing my hands in it, I found it extreme fatty. I took that Setling, and heated it in fresh water till it began to boil, then I milled it again, and let it stand to cool: it was at first extraordinary fatty; then, being cold, it yielded its cream, and a red shining *Cacao-butter*.

butter (as I may call it by an allusion to
Almond-butter) and a coloured fatty water ,
 as before ; only with this difference, that
 the *Cacao butter* seemed a little less unctuous,
 and not so perfectly to dissolve, and glide off
 the tongue, as before. Which put me upon
 another Experiment of decocting, and mil-
 ling it, till I might extract all the fat out of
 it, and discover the nature of this settling;
 if it might be so *terrestrial*, and *obstructive*, as
 some imagine. I heated the aforesaid set-
 tling in fresh water, and milled it well ; and
 instead of cream (though the water, as it
 cooled, shewed signes of a great fattinesse)
 there did gather on the top a thin covering
 or *yeāvū* (if I may so call it) of fat, such
 as will rise on *mutton pottage* not too fat.
 The water proved unctuous to my hand, as
 before, but the settling had no longer the
 fineness, and melting tast of Almond butter,
 but seem'd as if it were not finely powder'd,
 and besides its bitterishnesse, to have an evi-
 dent piercing adstringency. From whence
 I concluded, that it could not be obstructive,
 but opening, and that when the fatty ali-
 mentous parts were distributed for nourish-
 ment, the others (as before they seemed to
 corroborate the stomach, and promote dige-
 stion; which things moderately bitter and ad-
 stringent do : so now they) open the ob-
 structions, promote concoction in the sever-
 al guts, and go away in stool : which is the
 excellency of bread corn, that the bran
 doth

doth promote the appetite, and digestion, and keeps the body open, and is more healthy then Manchet, and it is mix'd by many with successe in *Diet-drinks* to this end.

And it is further observable, that in this Experiment, whereas the Nut it self, and the paste of *Cacao*, and the Cream, and the two first Setlings (yea, and the Fatty water) did by their burning give more or lesse *visible testimonies* of their *unctuous nature* in their flames, the last greety and incoherent Setling would not burn at all in flames. Besides, during the reiteration of these Experiments, (which was a fortnight) there never appeared any *augmentation* of the cream by standing beyond a few *hours*; nor no alteration in it by standing *undry dayes*: the cream, the water, the Setling were still the same, as to consistence, colour, and taste: it never, as to any part of it, sowed in a *fortnight's keeping*, nor gave any sign of corruption, though, during that time, I *boiled*, and *milled* the same decoction several times, and upon any fire to heat it I observed that Setling to arise, and incorporate with the rest, the cream dissolving; as Urine, when turned at the fire: and when it cooled, it did resettle before; as the said Urines do in like case. At the same time, as I tryed *undry Experiments* with paste of the one lump, I observed, that, having boiled the water,

and dissolved the *Cacao paffe* in it, and milled it but a little : though upon cooling it seemed very fat, yet did it yield but little cream. Another part, that was well milled, and yielded as much cream, as covered the pipkin all over to a moderate thicknesse, being skimmed, and milled, and cool'd, and creamed again, I took it, and heated it till it began to boil, and then poured it out of the pipkin instantly, and it came out so clearly, and without any reliques of water in the pipkin, as water doth usually glide off oyled cloth, or other vessels, when cold water is powred on cold grease. And this happened upon three tryals, the water being thoroughly unctuous by being twice or thrice heated, and milled (for else it succeeds not:) and to make it more conspicuous, in several parts off the pipkin I could observe some little remainders of the water slide off in round globes, or corpuscles, as it will do off oyled cloth, or greased vessels.

From whence I thought I might collect a reason, why the fattynesse of the Nut doth not annoy the stomach, being taken in drink, as other fat, or oyl will : for it exactly commixs with the liquor, and swims not on the top : (in these last Experiments it was never milled; but, having been milled some dayes before, and cooled in the pipkin, it was again heated, and stirred with a spoon a little, and powred out) and if, as it cools,
part

part of it seem to ascend, yet doth not that all condense into cream; but the water under is fatty; and as it is hot, and boils, it is still so (as appears by this Experiment:) which happens not so in other *fat broths*. Thus, the *unctuous parts* not floating (as in fat, or butter, dissolved in posset drink to provoke, or help vomits) on the top, and the *bitterish* and *adstringent parts* by a little heat commixing with the other, it must be a very great repletion can make *Cacao paste* offensive to the stomach, and its orifice.

I took also *Cacao paste*, and dissolved, and milled it well in cold water; and it did froth, and upon standing yield a cream in as great a proportion, as that did, which had been dissolved in hot water, and well milled: the cream was *yellowish*, and inflammable; the *setling* was just as to *colour*, and *taste* like to the other: saving that, drinking of it before it settled, I found it to be nauseous to the stomach; so as I, who hitherto never distasted any thing I had a mind to take, could not much relish the drinking of it: not that it was vehemently cold to the stomach, but that the *fattiness* of it made the water unpleasant being cold: and it had also a *rawishness* in it, as if the fat required boiling, or further Cookery; which yet I felt not upon eating either the nuts, or paste of *Cacao*. Or else it was because that the warmth of the water causeth a more *absolute*
commixture

commixture of the parts, which may prevent, as well as of those, which may cause nauseousness. Or it was because that many things may be taken hot without offence, or distast, which cannot be so, when cold: the heat of the *vehicle* either correcting the potion, or corroborating the stomach.

I took also some simple *Cacao* paste, and put it into cold water, and set it on a *gentle fire*, stirring it with a spoon till it was dissolved: I suffered it to boil gently, and kept it all day in such a posture, that it did either boil, or continued boiling hot, but rather the latter. After it had stood seven or eight hours (during which time I observed the Decoction to grow extraordinary oily, and to fill the spoon with a water so thick, that I thought it was transformed all into fat, and oil) it appeared all full of *globous corpuscles*, as if it had been oil broken into parcels: but these *Corpuscles* did never *embody* into greater quantities, nor *commix* upon *agitation*; yet by long digestion I observed they grew to a larger size, yet would not *commix*: there being besides them a distinct *fattiness* to be seen. And in the end, I perceived a new body to discover it self in great quantities; it was not *globous*, but *flattish*; and for colour, and taste, and nature participated more of *mutton fat*, then any thing else. It was of colour *yellowish*, inclining to white: and had little taste of the *Cacao's bitterness*, or *astringency*.

stringency. These fatty Particles I could not get to embody into one, or more bigger bodies; though I could agitate them with a spoon (for I never milled them) into lesse; yet did I perceive, that some of them were bigger then others, and at last some of them did enlarge themselves into a size as broad as a Groat, and of an indifferent depth, or thicknesse; yet could I not stir these into one or more bigger masses. Whereupon I set it to cool: and it was long before these bodies of oil, & fat, did harden, and disappear out of their former shape: so that I thought I had resolved it into Oil, since no Cream was to be seen. But being called away by business (which permitted me not the leisure to observe the minute changes in this reiterated Experiment) at my return I found several *whitish* or *pale-yellowish* bodies like to Fat swimming on the top, there being no Cream, nor other body to overcast the top, and hinder their free floating: some were bigger, thicker, and broader, and longer then others, and of no determinate Figure. They were very solid, and melted on the tongue totally, as Fat, or Butter would, or Clarified Deer's-suet, to which they were equal in hardnesse: they had (as I and others judged) a farewell or relish of the *Cacao* at last upon the tongue. So that I observed, that no dissolution could totally separate its bitterishnesse, and little piercing *adstringency*, which is peculiar to the

the

the Nut: and consequently it could never easily become offensive, or obstructing. The *Water* or *Decoction* was fatty, and had a deep red tincture: and the *Setling* as it was deeply red, so it had little of Oiliness, or resemblance of Almond butter; but it was attended with a roughness, or sensible inequality of parts, the unctuousness being almost as much extracted from this *Setling*, as from that, which had been Decocted, and Milled in several Waters; of which I already spoke. I could see no tokens of what carryed, whilst it was hot, the appearance of Oil. Having shewed it for several dayes to divers persons, I heated it again, and instantly the said hard Fat dissolved, the *Setling* did remix with the rest of the Liquor: and I had a Decoction of a most deep red, and swimming with large Fatty and Oily Particles: I caused it to be well milled, and setting it to cool, the said large innatant bodies, resembling a Solution of Fat in Water, and parcels of Oil, were dissipated, and broken, or so incorporated with other Corpuscles, that I could get very few, and those very very small pieces of solid Fat: (the same happened in compound *Chocolata*) though I had before had lumps, that might weigh ten or twelve grains. But there did gather on the top a skin, or cuticle (very thin) though the body of the water and top did shine with a visible Fattishness; and poured out of the pipkin with such an unctuousness,
or

or *oyle*ness, being scalding hot, that nothing did, or would stick, or otherwise, then *glide* off, as from *oiled cloth*, which it doth not, when powred out cold. Of *fat*, it was not *hard*, but having an *affinity* with the usual cream already mentioned in other *tryals*, but *improportionate* to the *fat* dissolved: and the *setting* seemed to me more unctuous, then before, and like *Almond butter*.

I have not time to multiply reflections hereon, but whosoever shall set himself to observe the dissolution of *Cacao paste*, or *Chocolata cakes*, according as they are *milled* in water, or not *milled*; and according as they *boil*, and not *boil* therein; and according as they gradually dissolve on a *quick* or *leisurely fire*, will finde a great *diversity of parts*, occasioned by the different *texture of them*: and shall finde both colour and taste to vary several times (especially in the Compound *Chocolata*) to his amazement. I shall conclude with one *tryal* more; The powder of *Cacao paste* tastes very *fatty*, yet (according to *variety of nuts*) it dissolves with the least heat on a *stone* like *butter*: but a great heat dries it, and leaves a *red, bitterish*, and *astringent powder* behind. I took also of the said *paste*, and heated it on a *fire shovel*; and if at first it melted with a *gentle heat*, it did evaporate away its *oily parts* by a more *violent* one: and, *smelling* to the smoke arising from it, I had my *smell* affected with such a *nidor*, as issues from *fat*,
when

when broiled on the coals, but milder.

These circumstances of its *fattin^{ess}*, and *oilin^{ess}*, and of its *nidorous exhalations* being burned, do very much recommend the Nut for a very *nutritive* thing. Its dissolving by the *least fire*, or *warmth*, argues its *facile digestiblen^{ess}*. Its *easy concretion* evidenceth its promptitude to be *assimilated* into nourishment of the parts. And its *nidorous vapour*, being burnt, proves, that it carries with it (if any can doubt this, that sees the *Oil*, or *Fat*, swimming in the pure *Cacao decoction*) at least a *potential fat*, and is a greater *elogy* of its *symbolizing* with our bodies, then it is for *Bread*, that by *Chymical digestion* it should in time be converted into blood, as some tell us.



But to improve this Argument from reason a little, it is the *general vogue* of the *Indians*, and *Indian writers*, which is no lesse, then the testimony of uncontroverted *Experience*, that this *Cacao nut* is *very nourishing*: that it is *multi nutrimenti*, is the assertion of *Hernandez*: that it doth fatten (being made into *Chocolatl* by the sole mixture of *Pocholt* grains) by frequent using it, is likewise avowed by him. *Chocolatl paratum ex granis Pocholt, & Cacauatl, equâ mensurâ, quod magnopere traditur corpora impinguare, si frequentius eâ uti contingat.* And *Dr. Juanes de Barrios* tells us, that, when they used in *Guatemala* the plain and simple *Chocolata*, they found it very nourishing. *Es comoda*

f *Hernandez*,
Herb. Mexic.
lib. 3. c. 46.

g *Dr. Juanes de*
Barrios de
Chocolata.

pues

pues ella sola suple el almuerzo, y algunas otras comidas, por que con ella no es menester, pan, ni carne, ni bebida, y en un momento se hace y saca, lo que no ai en las otras.

In fine Jo. de Laet, ^h tells us, that it is very h *Jo. de Laet*
nourishing (*præclarè nutrit*) and that the *Hist. Ind. Oc.*
Indians by the help of *Cacao* nuts alone do *cid. l. 7 . c. 21*
subsist all day, notwithstanding their great labour, and heat. Which is a truth well known to our Seamen, and Land soldiers, in, and about *Jamaica*, that by the help of the *Cacao* nut made into paste with Sugar, and dissolved in water, neither having, nor wanting other food, they usually sustain themselves, sometimes for a long season; and I have been assured, that the *Indian* women do so feed on it, (eating it often) that they scarce eat any solid meat twice in a week; yet feel no decay of heat, or strength. All which is purely to be ascribed to the nourishing nature of the *Cacao* nut, and not to the other Ingredients; since few of them are found endowed with any such quality, nor is there intermixture with the *Cacao* nut of any long date, the latter of which hath been already evidenced in the beginning of my discourse: and I shall demonstrate the former, before I conclude.

But however that the *Cacao* nut, being grinded into a paste, and dissolved in hot water, be so nourishing, yet have the *Indians* and *Spaniards* an ill opinion of the Nut, to eat it whole, and not in the usual manner of

16 Gage Survey
of the West-
Indies c. 16.

of drink. Which, as it is told me by that ingenious Gentleman, Major *Fairfax* (who lived long in *Jamaica*, and is newly returned) so it is confirmed by the authority of Mr. *Gage*. i ' The *Cacao*, if it be not stirred, ' grinded, and compounded to make the ' *Chocolatta* ; but be eaten, as it is in the ' fruit, (as many *Criolian* and *Indian* wo- ' men eat it) it doth notably obstruct, and ' cause stoppings, and make them look of a ' broken, pale, and earthy colour, as do ' those, that eat earthen ware, as pots, or ' pieces of *lime walls*; which is much used ' amongst the *Spanish* women, thinking, that ' pale and earthy colour, though with ob- ' structions, and stoppings, well becomes ' them. Which Observation, if it be true, makes no more to the prejudice of the *Cacao* nut, then it prejudiceth Wheat, Oat-meal, or the like, that being eaten unma- sticated, or raw, they do create, or encrease the Green-sicknesse in maids. I say, if it be true : for here in *England* the honourable *Robert Boyle* can bear me witnesse, that several honourable Relations of his have eaten them for several years, and continue to do so ; in the beauty of whose faces the world, as much as it is interested therein, can observe no diminution : yea, they professe it as a real and experienced truth, that, if at any time their heads ake, to eat twelve of those nuts is a present remedy. Another Lady protested to me, that by the eating of those

those Nuts, she feels *Hypochondriacal vapours* (with which she is much troubled) to be instantly *allayed*, or appeased. So far are they from participating of the usual *Malignancy* of Nuts, to beget *shortness of breath*, *Obstructions*, and *Head-aches*. To the former Experiences I must add, that they are observed to be more *laxative*, then *binding*; and that neither Mr. Boyle, nor myself (who did eat two pound once, and great quantities since on purpose) ever felt any *heavyness*, or *annoiance in the stomach*, *Head*, or elsewhere. Nor have I (as neither do the others) been curious to choose

particular times to eat them in: but at *all hours*, and *seasons*, *Morning*, and *Evening*, *before*, and *after meals*: *all day*, as opportunity, or other circumstances invited us thereto. It may be then, that the *obstructions*, and *discoloured complexion* of the Women in the *Indies* either is

fabulous; or to be attributed to their eating the *Cacao Nuts*, whilst yet they are not sufficiently cured from their *excrementitious moisture*, and *humidity*: or that they eat another sort of *Cacao Nuts*, then should be

D

used

Here I desire to observe, that, though I have myself many times eaten great quantities of the *Cacao nuts* unreduced to *paste* (as also of the *simple* and *compound paste*) yet did I never find my *Stomach* to be fill'd by them (as if they had dissolved instantly therein) but rather *satiated*, though not *cloy'd*; which happens not in other *solid food* taken so: nor could I ever perceive they did that way much *nourish* me; though I did eat at one time beyond any proportion, that I drank at another; and yet was fed and sensibly refreshed by the latter course.

used in *Chocolata* : (for it is a great *cantion* in the making *Chocolata*, not only, that the Nuts be *well cured*, and *dryed* ; the older being accounted the *best*, if not *corrupted*, and decayed : and that they come from *Caracas*, and *Soconusco*, not *Guaiachil*, or the like ; but that they be of the sort call'd

k *Hernandez* 1. k *Clalcacahuatl* especially : whereas they
 3. c. 46. *Gul.* they make *Confects* of *Quaubpatlatbli*, (or
Piso in *Mant.* *Patlaxt*, which ^m is not so *usefull* as the
Arom. cap. 18. ordinary, yet is used by the meaner sort.)
 l *Hernandez* Or, if it must be understood of the right
ibid. *Cacao* (which they often eat ⁿ *roasted*, and
 m *Gage* *Surv.* made into *Confects*, and their Women fall
 c. 16. into *Hysterical* and *Hypochondriacal* Distem-
 n *Piso* in pers, very difficult to cure ; which is avow-
Mant. Ar. c. 18. ed by *Piso*, as an usual accident there, as
 & *Anton. de* well as by *Mr. Gage*) I can only say, that
Herrera cap. it hath not yet happened so *bere* : and that
 10. *Hist. Ind.* however, we ought to remember that old
Occid. *Arabian Maxim* is *Physick*, *Qui non bene*
masticat, odit animam suam ; ' He, that doth
 ' not chew his food well, is an enemy to his
 ' own life. Of so great Consequence is ei-
 ther that *salival ferment* in the mouth,
 which inchoates digestion, being impressed
 into the thing *chewed* ; or the due *commi-*
nution, and *subtiliation* of food : it being
 well known, that the eating of any meat
 in great morsels, and without *chewing*, oc-
 casioneth the inconveniencies attributed to
 the eating of the Nuts not reduced into a
paste by *Grinding*. For it is observable, that
 the

the Paste of the *nut* will melt in the mouth perfectly, if it be *well made*: but the *nut* will not (that I could observe) though well chewed. And therefore it may seem a just caution, to *weak stomachs* especially, that their *Chocolata* be made with a *Paste exquisitely made*, the *Nut* being first *powder'd*, then *searced* finely, and then carefully *grinded*. And then there will be little or no inconvenience from the eating the *Cacao Nut* so order'd, either in *Pastills*, or *Cakes*; provided the other *Ingredients* be not noxious.

I shall now speak of the *qualities* and *temperament* of the *Cacao Nut*. And indeed in *Taste* it is none of the most *pleasant*, to those that are *not used* to it; which made *Clusius* say, that, besides its *adstringent Taste*, it had so *unpleasant* an one, that it was no wonder, if such as first taste the *primitive Chocolata*, care not for it. Of the same judgment was *Benzoni*: for which he was laughed at by the *Nicaraguans*, and necessity made him to comply at last with them in drinking it in that *original* and *simple* manner. It hath a *Taste* somewhat *bitterish*, and *sub-adstringent*: and hath such a mixture of parts, that *Authors* no way agree in *Charactering* its temper. If we look on the *Nut*, and taste it without any other preparation, then that of taking off the *hull*, one would accord with *Ro-*
blez; *El Cacao es frio y seco de su templansa*, 54.

o De plant.
Ind. Occid. c.

y per esto tienen partes astringentes, con que opila : 'The Cacao nut is by temperament cold, and dry, and therefore hath astringent parts, with which it begetteth Obstructions. Truly that it is dry, seems then sensible : and that it is cold, the universal experience of all, who say it p al-

p Hernandez lib. 3. cap. 46. Acutâ aggritudine laborantibus exhiberi solet ex eo semine parata potio, cui nihil praterâ commixtum sit, contemperando astui, & fervori placando, & eis, quos calida intemperies hepatis, alteriusve partis vexat.

Benzonus lib. 2. Ex nucleo Cacao sunt sorbitiuncula refrigerantes : eam ob causam ad eam expetitur, ut cum eis quidvis vel pretio, vel usu earum commutent.

Jo. de Laer lib. 6. cap. 2. Hic Ind Occid. Simplex enim potio (sc. fructus Cacao) refrigerat, & nutrit insigniter.

lays thirst incredibly, and cools the Liver, or any other inflamed part, seems a pregnant Argument. And of the same judgment with Roblez (who lived in Peru) was Dr. Juanes de Cardenas, who lived in the Indies, and practised Physick there, and

made use of his own judgment, as well as the Narrations of the Natives. He thinks the Cacao nut to be cold and dry in a degree betwixt the first and second. Because he is an eminent Writer, and his Assertions may perhaps suit best with the generality of Physicians inured to old Hypotheses, I shall set down the substance of his judgment as to the Cacao nut.

q Dr. Juanes de Cardenas lib. 7. De propr. Chocولاتis. 'He acknowledges a triple distinction of parts in the Cacao nut; from whence ariseth a ternary of distinct Qualities in it. 'The first is a cold, dry, earthy, and melancholy

' choly substance : which if it prevail above
 ' the rest, it produceth Obstructions, and
 ' Melancholy, and destroies concoction.
 ' The second is *airy, hot*, and proportionate
 ' to *butter*, which by agitation, and milling,
 ' riseth in froth. This he reputes to be *hot*
 ' and *moist*, and of a lenifying nature, which,
 ' whilest it prevails, begets a quite contra-
 ' ry effect: for it nourisheth much, and
 ' multiplies Blood, and vital Spirits, and en-
 ' ables men to labour. This butyrous sub-
 ' stance doth principally manifest it self in
 ' the *Cacao* nut, when it is indifferent aged,
 ' and hath been kept a good while : and is
 ' not a little helped in the shewing it self, by
 ' being roasted, or heated in a frying-pan,
 ' or kettle, before the oil be drawn, or it be
 ' made into a paste. The third sort of parts,
 ' which he professes to be in it, is *hot*, and
 ' *dry*, which carries with it a faint resem-
 ' blance of adustion, which makes it to seem
 ' bitterish to the taste. By reason of the lat-
 ' ter parts, it becomes penetrating, and
 ' conveys the other alimentous parts into
 ' the body ; it provokes sweat, and monethly
 ' evacuations in women, it opens all Obstru-
 ' ctions; and these guide the more oily and
 ' butyrous parts into the entrails, whereby
 ' the body is preserved soluble. This mul-
 ' tiplicity of parts produceth several effects
 ' in the persons using *Chocolate*, according as
 ' they are healthy, or sick, of a weak or
 ' strong stomach, troubled with Obstructions,

or free from them. And much depends on the individual constitution of persons : as also on the Artificial mixture of it into *Chocolata*, whereby the several parts are actuated, and vigorated, the butyrous parts set at liberty from the confinement they were under by reason of the *Hyptick Particles* ; which more appear to sense in the nut, then in the mass : for the former dissolve not on the tongue, (no, not when chewed) as doth the latter : nor hath the latter that sensible astringency, and bitterness (joyned with its unctuousness, and aptitude to melt on the tongue) as the former.

Hernandez (who was principal Physician in the Kingdom of Mexico, and was appointed by *Philip II.* to write Medicinal and Natural Observations in that Province) is at a great loss, what Nature and Temperament to ascribe to this Nut. It is (saith he) made up of different Particles, but very well embodied, and mix'd ; it is something bitter, something sweet ; and either of a temperate Nature, or a little inclined to coldness, and moisture.

Hernan Herb. Mexic. l. 3. c. 46
and Jo. de Laet Hist. Ind. occid. l. 6. c. 2. saith of it out of *Fr. Ximenes*, *Cacao fructus teneri sunt nutrimen- tis inter dulcem & amarum medii temperie nonnihil frigida & humida.*

Others are of opinion, that this *Cacao* nut is of a temperament inclining to heat, and moisture : and they consider not the nut, as it is entire, or under no greater comminution, then what the teeth infer : but as it is grinded into a paste, and (sometimes as) mixed with water, and agitated into froth by

aMolinet. And their reasons are; first, because in the grinding it into paste, and in the working it up, and in the dissolving it in Water again, still there are no visible signes of anything (if it be well done, and the nuts good) but of parts moderately *hot*, *moist*, and *unctuous*, or *butyrous*; there being little or no *terrestrial*, and *heavy*, *gross* settling whilest it is hot, and when it is milled, it goes all almost into *froth*, and *fat*, which proceeds (say they) from an airy, hot, and moist substance, mixing with winde. Another Argument they bring for their opinion from the quick nourishment it gives; For, (say they, and *Galen* too) that it could not so soon turn into nourishment of the Blood, and Spirits, if it had not a proportionateness, and agreement of temper therewith: for there would be some time requisite to assimilate and change what hath a discrepancy with our Nature, before it could nourish us. But that, which is analogous to our nature, is *Balsamically hot*, and *moist*: not *cold*, and *dry*; which are enemies to it.

Gul. Piso resolves the controversies of the *Cacao* nut thus,

Veniamus ad Cacacii Qualitates intrinsecas. Has equidem ex effectibus, ceterisque indiciis, constat esse temperatas. Substantia ei ex crassioribus simul & tenuioribus partibus composita est prorsus: ut in infinitis aliis vegetabilibus observatum est, diversas omnino sub eadem forma Substantias contineri. Noster autem Caca-

cuius in pulverem redigitur primum, & solâ max,
 etsi frequenti tusione pinfitur, & in massam co-
 gitur. Quod cum fiat sine ullius rei admistione,
 ratio arguit aliquid esse in eo tenacis & bitumi-
 nosi instar humoris, Aeris Elemento respondens.
 Multa insuper eidem, quibuscum suapte naturâ
 miscetur, insunt ignea, quæ necessariò incidere
 atque referare debent corporis meatus, non ve-
 rò præcludere, ut quidam voluerunt: nisi hoc
 intelligant de crudo, vel tostato, vel Saccharo
 condito, quo mulieres in Indiis nimium vesci a-
 mant, unde uteri, alvi, & Hypochondriorum
 obstructions incurrunt difficillimas. Verùm
 totum hoc oritur, quod interior ejus substantia
 dentium incisione non exactè comminuitur, nec
 perfectè commiscetur: requiritur enim artifi-
 ciosa mole versatilis contritio; atque tunc demùm
 siquid noxiæ supersit frigiditatis, aliorum ca-
 lidorum commixtione temperatur, communi-
 catâ singulis partibus, hæc intimæ jus substan-
 tiæ qualitate.

‘It is manifest by its effects, and other
 ‘signes, that, as to its intrinseck Qualities,
 ‘it is of a temperate Nature. Its substance
 ‘is made up of some subtle, and some gross
 ‘parts; which sort of mixture is observable
 ‘in many other products of Nature. This
 ‘Cacao nut is first beaten to powder, then
 ‘without any accessional [but a gentle heat
 ‘on a stone, or iron-table, or mortar] it is
 ‘worked laboriously into a mass, or paste.
 ‘Which, since it is done without the addition
 ‘of any other thing, it is an evident Argu-
 ‘ment,

'ment, that there is in it a tenacious and
 'bituminous Substance. The mixture of
 'other Spicery corrects its coldness; they
 'penetrate, and open Obstructions: so
 'that *Chocolata* is no way obstructing; how-
 'ever others, by eating raw, or roasted
 'Nuts, or crushed into confections with Sugar,
 '(much used by the *Indian* women) may
 'fall into tedious obstructions of the Spleen,
 'Liver, Hypochondria, and Womb. For
 'these inconveniencies happen, because it is
 'not *exactly grinded*, and that the perform-
 'ances of the Teeth and Stomach equal
 'not those of the rowler in grinding, and
 'the *molinet* in actuating the Particles of
 'the *Cacao nut*.



I shall reserve the particular decision of
 the controversie, until I have made a great-
 er inquiry into the nature of the *Nut*, and
 its several parts, and have examined my
 self its several effects in *Jamaica*, at more
 leisure: but suggest these present Consider-
 ations.

If the Nut be a right good Nut of *Ni-*
caragua (or *Caracas*) and *Soconusco* (the
 Nuts of the *Islands* are not reputed equal
 to those of the *main*: ' and in *Jamaica* I have eaten
 they have but newly learned to *cure* them; and used as
 in which there is much art) and so *old*, good Nuts; of
 as to be at its perfection, not *decay'd*, and the growth
 of a *darkish red*, approaching to *black*, of Jamaica, as
 ter it is pilled, it is to Taste, *adstringent*, any, I have
 and a little *bitterish*; but not very *unplea-*
sant



sant to any, who shall have eaten but a few of them. It will be *dry*, and *hard* to taste, and not dissolve into an *unctuous liquour* in the mouth : though you may easily perceive in a *rich nut* to the Taste an *extraordinary butyrousness*, though *congeled*, and *fixed* by some particular Principle else. I never could observe any *coldness* in the *nut* at all neither, on the *tongue*, nor *stomach* ; nor yet any sense of *heat*. If the *sensible bitterishness* must argue *heat*, the effects of which are not further perceived, because the *unctuous* parts *implicate* and dull the *vigour* of the other ; and if that the *sensible unctuousness* in the most *dry nuts*, maugre the *stypticity*, evinces their *moisture* : yet will any, who *eats* the *nut*, be apt to excuse them, who by their *taste* judge the *nut* (*ungrinded*) to be *cold* and *dry* in the *first* and *second Degree*.

I have already shewed, that our Experience in *England* in my *self*, and others, (some being *well*, some being *sickly*) doth not evidence the *Nut* eaten of it self (not reduced to a *Paste* on a stone) to be *obstruſting*, or clogging to the *Stomach* : and, whereas it is attributed to the grinding, and so commixing the parts, that it keeps the body soluble, our Experience shews, that even the *Nut* eaten produceth the like effect ; though by the *taste* one would conjecture otherwise.

Whereas it is said by some, that the *Nut*
in

in Paste dissolved into water is of an *hot* as well as *moist* nature: I must propose some doubts thereto, since it is so good in *fevers*, and to quench thirst at other times; and is so repugnant to *cold Stomachs* (a general calamity in hot Climates) that the *Indians* and *English* generally are enforced to mix with it either *long Pepper*, or *Jamaica-Pepper*, or *red Pepper* call'd *Chilli*, to make it supportable to their Stomachs: and Men, otherwise of unquestionable strength, and health, have assured me upon their own experience, that this is *true*. Besides, it is a known Experiment both in *Spain*, and the *Indies*, that the *butyrous* and *oily* part of the *Cacao nut*, being taken off, and preserved from the *Chocolata*, or otherwise drawn, is a very great remedy against Inflammations, and particularly the *Erisipelas*, or fire of *St. Anthony*. And in such applications it is *sensibly cooling*.

In fine, let men debate eternally the *temperament* of the *Nut*, they, who have ascribed to it *Qualities* altogether repugnant to *nutriment*; have never controverted its incredible *nutritive* faculty. It is in this that all agree. It is *multi alimenti*, yields plentiful nourishment, saith *Hernandez*; who holds it to be *temperate*, or *inclining to cold and moisture*. *Jo. de Laet* saith of it, *refrigerat, & nutrit insigniter*, it cools, and nourishes exceedingly. *Dr. Juanes de Cardenas* professeth, that it yields *buen sustento*
al

al cuerpo, good nourishment for the body. And *Roblez*, who concurs in opinion with the other, that it is cold, and, dry, declares it to be *summamente alimentoso*, exceeding nutritive. And *Benzonus* gives it this Character, *Ea Calia sapore aliquantum amaro satiat, & refrigerat corpus minimè tamen, inebriat*: 'That muddy Drink, or Ale, with its bitterish taste *satisfies*, and *cools* the body, not intoxicating any way the Head. And it is observable, that albeit the eating of *Cullises*, and *Jellies* continually, doth so debilitate the Stomach, that, thorough much use of the former, men become incapable to digest any grosser meats: of the verity of which practical Observation there is a notable instance in *Sanctorius* s of a Student at *Padua*, who, that he might have more time to study, and not be diverted therefrom by any regard of Diet, fed himself only with *Jellies*, and *Cullises*, wherewith he expected not only to be strengthened much, but also freed from the concerns of exercise, and other circumstances necessary for digesting stronger meats; but he afterwards falling sick, and being inured to no other food, then that appertained to sick-folks, whilst he was well; being sick could receive no sustenance at all, and so dyed lamentably for want of food, more then by the violence of his disease: I say, it is not so with the plain *Cbocolata*, made of the pure *Cacao-Paste*, and perhaps a little Sugar

De vitand
error.

Sugar, and Pepper; for the *Indians, English,* and *Spaniards*, who have lived on it several days, sometimes weeks, without any other food, do without any inconvenience resume a more gross Diet, and again intermit it at their pleasure.

I have been thus particular in the inquiry into the nature of the *Cacao nut*, because it is the principal Ingredient in *Chocolata*; and it is this Nut alone in the Composition, (if there be neither *Maiz*, nor *Bean-meal* in it, which may be admitted in small quantities as wholesome, for ought I can imagine; or *Pistachia nuts*, or *Almonds*; of the healthfulness of either of which, but especially the latter, I doubt as to this Composition) which yieldeth the nourishment, and fatness, which is expected from the *Drink*, and often found. All the other are but *Spicery* (under which I comprise *Amber-grise*, and *Musk*) and serve at best but as a *Vehicle* to distribute the *Cacao nut* into the body, and to make it agreeable to the *Stomach*, which otherwise might, and often is troubled with the coldness of the *Cacao*, or what other *Quality* it may have (perhaps too much relaxing the *stomach*, or offending its orifice by its untowardness) whereby to offend the *stomach*.

And since the *Indians* did first correct it with *Chiles*, or *red Pepper*, I shall speak of that in the first place.

Chiles, Chilli, or *red Pepper*, in the language

r *Acosta Hist.*
Ind. l. 4. c. 20.
 u *Piso hist. Nat.*
 & *Med. l. 6. c.*
 15. ex *Xi-*
mene.
 x *Hernandez l.*
5. c. 3.
 y *Acosta l. 4. c.*
 20. *Piso ex*
Ximene l. 6. c.
 51.

z *Acosta ubi*
suprá.

a *Piso ubi su-*
prá.

b *Mr. Sigon's*
Descript. of
Barbadas p.
 79.

guage of *Cusco* is called *Uchu*; in that of
Mexico, Chili: or *Chilli* by the old In-
 habitants of *Hispaniola* (call'd *Haitini* by
 * *Hernandez*) it is called * *Agies* (by *Rob-*
lez, los Agies) which some y otherwise write
 (according to the variety of spelling) *Axi*.
 By *Monardes* it is called *La pimienta de las*
Indias. In *Portugal* it is call'd *pimienta de*
Brasil. In *Brasil*, and by *Piso, Quiya*. In fine,
 amongst almost an infinity of names, the
 most usual now are *long red Pepper*, and
American or *Brasile Pepper*, for no other
 reason, but that the *Portuguese* brought it
 first thence. z It was much esteemed of in
 old time amongst the *Indians*, which they
 carryed into places, where it grew not, as
 a Merchandise of consequence. a And in all
 the inhabited places of *America* it is so
 frequently used, that there is scarce any
 meat dressed without it. b This Spice the
Spaniards love, and will have it in all their
 meat, that they intend to have *picant*: for
 a greater *Hough-goo* is not in the World;
 Garlick is faint and cool to it. It is so
 violently strong, as, when one breaks but
 the skin, it sends out such a vapour into
 the Lungs, as he falls to coughing, which
 lasts a quarter of an hour after the fruit
 is removed: but, as long as it is garbling,
 they never give over. To describe its sever-
 al kinds, and particularize its virtues, it
 would be requisite to transcribe the Trea-
 tise of Father *Gregory the Capuchine* upon
 this

this Subject, which is to be found in *Carolus Clusius's Curæ posteriores*, *Piso*, and *Hernandez*. However that the *Spice* merits great commendation, and that ^c *Monardes*, and ^c Chap. 54. ^d *Oviedo* prefer it before the *East-Indy Pepper*: ^d *Histor. Nat.* and that many ^e repute it to be cold, and ^{Ind. l. 7. c. 7.} ^e *well-tempered*: (as do ^f others that of the ^e *Acofta ubi* *East-Indies*) yet it is by such, as regard ^{suprá.} ^f *Bonras c. 5.* the testimony of what they taste, and feel, ^{De cons. valet.} (before traditional Discourses) to be ^{in Ind.} ^g *Acofta ubi* *hot* in the highest Degree. *Quantum hæc caloris* ^{suprá.} *gradum attingunt, & tertium ferè siccitatis,* so saith ^h *Hernandez*. And *Monardes* ^h *Ubi suprá.* vows them to be hot, and dry, as it were in the fourth Degree. *Escaliente, y seca, casi en quarto grado.* There is this caution given of them, ⁱ that they inflame the ⁱ *See Acofta;* Blood, and distemper the Eyes, the Liver, ^{Hernandez, and the Reins; that they create Fevers, ^{Piso, ubi su-} *Pleurisies*, and *Peripneumonies*; that they ^{prá.} are no way agreeable for young folks, but for the old *Flegmaticque*. Which *Affertion* is to be understood of its *unproportionate mixture* with other Compositions.}

Another Ingredient in the composition of *Chocolata* is that most delicate of Spices, call'd usually in England *Pepper of Jamaica*, by the Spaniards *Pepper of Xamaica* (so *Herrera*, and other Spaniards call *Jamaica*) *Pepper of Tabasco* or *Tamasco*, and *Pepper of Chiapa*: and by the Indians *Xocoxochitl*. It is commonly called in *Jamaica*, *Pimienta*: which name they took from the

the *Spaniards*, some of which I find to call it *gravos de pimienta*, and *pimienta* alone: though otherwise that name is of a greater comprehension. This *Spice* hath a most delicate smell, and such, as resembles an *Orange stuck with Cloves*: being swallowed whole, it amends the breath, is excellent against Wind, and helps digestion, and yields no sign of an immoderate heat; but being broken, within the outward husk, or shell, there are two (sometimes three) little grains, which make the impression of a pretty violent heat, yet short of the other Peppers: I have not met with any Writer, who utters a word to their prejudice; a few of them, burnt with wine, recommend it for fragrancy, and taste, beyond any *Spice*.

k *Ferdinandez*
l. 1. sect. 1. c. 14.
Vide & *Her-*
bar. Mexican.
l. 2. c. 5. de
Xoco-Xochitl
feu *pipere Ta-*
basc.


k *Es la Pimienta de suave olor, caliente, y seca en grado tercero, cordial, desopilativa, provoca mezes, y es remedio à los dolores flatuosos, corrobora el estomago, y ajuda la digestion de la comida.*
The *pimienta* (of *Jamaica*) is sweet-sented, hot and dry in the third Degree, opening Obstructions, Cordial, provoking the Terms, and it is good against Wind, and flatulent pains, it strengthens the Stomach, and Digestion, being eaten.

Roblez gives it this Character, *E becho experientia desta semilla, o granos de Pimienta, y halla en ella el calor, y sequedad iguales, y ser a proposito para confortar el estomago, interiormente bebida, o exteriormente aplicada,*

aplicada. Sufre coſſimiento medianamente, y trituracion mediocre, y ſubtil, como les de mas aromaticos, y le tengo por ſubſtituto de los clavos de eſpecies: mata las lombrices con la parte amarga, y detiene los vomitos. That is:

‘I have tryed theſe Seeds, or Grains of ‘Pepper, and I found therein an equal ſiccity, ‘and heat: and they ſerve for to ſtrengthen ‘the Stomach, being taken inwardly, or applied outwardly. It will endure an indifferent boiling, or punning to powder, as ‘do other Spices, [which looſe their virtue ‘by much beating, or boiling] and I allow ‘it for a ſubſtitute for Cloves. It kills the ‘Worms with its bitteriſhneſs, and ſtays ‘vomiting.

Jo. de Laet, in his Deſcription of America, ſpeaks thus of the Province of Tabasco, *Lib. 5. cap. 3.* and its Pepper. *Unam habet [ea provincia] in primis arborem domesticam, quantivis pretii, quam vocant Xocoxochitl, quæ eſt arbor grandis, foliis mali Aurantis, fragrantiffimis, Floribus rubris inſtar Granati, odore item Aurantiorum, grato juxta, ac ſuavi; fructibus rotundis, ac racematim pendulis, qui initio quidem ſunt virides, poſtea ruſſi, & ad extremum nigri; acris ſaporis, & mordacis; bonique odoris; calidi & ſicci in tertio gradu, ita ut Piperi ſubſtitui, & pro Carpo-balsamo in Officinis poſſit obtrudi. Hiſpani vulgò vocant Piper Tabascentæ. Corroborat cor, & ventriculũ; amicum eſt utero; diſcutit flatuſ; aperit obſtructa; movet urinam, & menſes;*


menfes; succurrit colicis & nephriticis doloribus; consumit humores crassos & viscosos; fugat rigores febrium. i. e. The Province of Tabasco hath one tree particular to it [when Ximenes writ this, whom Laet follows; it was not known to grow in Jamaica, as it doth plentifully] which is call'd Xocoxochitl, i. e. a tree not to be valued. It is of a very large growth, hath leaves like an Orange-tree, being of a most fragrant scent; it bears a red Flower like to that of a Pomegranate, of a Sweet and pleasing smell, and which also resembles that of Oranges. The Fruit is round, and grows in clusters, like as Grapes do, [so does the Amomum of Dioscorides] at first it is green, then red, and at last blackish: it is of an excellent smell, and biting taste. It is hot and dry in the third Degree, so as that it may be substituted instead of ordinary Pepper [but it is so farr short of it in heat, and bitingness of taste, that in Pies there is no comparison betwixt them; as I have seen,] and in the Shops it may pass [but without any resemblance] for Carpo-balsamus. The Spaniards usually call it Pepper of Tabasco. It strengthens the Heart, and Stomach; it comforts the Womb, it dispells Winde; it opens Obstructions; it provokes Urine, and the Terns in women; it helps Colique and Nephritique pains; it consumes tough and viscid Humours; and drives away the cold fits of Agues.

I cannot pass by this delicate Spice, without

out putting the World in mind, that perhaps upon Observation there where it grows, and a little constraining of *Dioscorides*, it may be found to be the very *Amomum* of the Antients ; so famed in all their rich Unguents for Luxury, and so commended for Medicinal uses, instead of which we are said to put into *Mithridate*, and *Treacle*, either *Culebs*, or *Cloves*, but, I hope, henceforward *Amomum* and *Carpobalsamus* shall find no other substitute then this Pepper of *Jamaica*. I am not the only person who propose this: *Hernandez* (*lib. 2. cap. 5.*) professeth, it may be used instead of the *Carpobalsamus*; and who shall enquire into the *Amomum Clusii*, will find how others, as well as I, have fomented this Opinion: of which I shall treat more hereafter, when I have observed its growth. In the mean while it seems to be that *Garyophyllon* of *Pliny* (*lib. 2. cap. 7.*) where, having spoken of Pepper, he adds, *Est etiamnum in India Piperis granis simile, quod vocatur Garyophyllon, grandius fragiliusque. Tradunt in Indico loco id gigni. Advehitur odoris gratia.* 'There is at this day in the *Indies* something, that resembles Pepper, men call it *Garyophyllon*; 'it is bigger and more brittle then Pepper. 'They report it to grow in a place of the *Indies*; and it is brought hither (*sc. to Rome*) out of a regard to the delicacy of its scent. There is not any thing in *Pliny*, 'which carries repugnancy to our Pepper :

its excellent smell, the name of *Garyophyllon*, being the *Greek*, not *Indian* name, and signifying *Cloves*, or *Clove-gillflowers*, with the smell whereof, (and taste of the former, but mildly) it hath a resemblance. It is more big, it is more brittle, and consequently, till a clearer discovery be made, we are to presume, that we have retrieved after so many hundreds of years one of the most select Odours, that Antiquity ever boasted of.

I shall not add any more, untill I have prepared a second Edition in *Jamaica*. Instead of this, there is usually put in common-Black-Pepper, or White-Pepper : concerning the virtues of which I shall not enlarge. They are well-known already, and better known then approved of either by the ¹ Natives of those Countries where they grow; or our learned Physicians in Europe.

I Vide Pisone
in Mantiss.
Aromat. c. 9.

The next Ingredient of *Chocolata* is *Tlilxochilt* (or, as some write it, *Tlixochil*) or, as the Spaniards call it, *banillas olorosas*, or *Vaynillas*. The former is the *Indian* name recorded in ^m *Hernandez*; the latter is the usual *Spanish* Term acknowledged by ⁿ *Piso*, and others. The Plant is compared to *Aromatical Arach*, it runs up Trees, as doth *Ivy*, it hath a broad leaf, in length eleven inches, and in breadth six, it resembles a *Plantain-leaf*, but is more fatty, it is of a deep green; it bears a blackish Flower

^m *Hernandez*
Herb. Mexic. l.
2. c. 15.
ⁿ *Piso* in *Max-*
iss. Aromat. c.
18.

Flower: it produceth a Cod, that is about six inches long, slender, and of a blackish colour (yet are some, that I have seen, reddish, and yet good) their smell is admirable, they, which have parallel'd it with Amber-grise, Musk, or ° Balsame, failed in their Character; for it hath a peculiar mildness, and delicacy in it, not to be found in those other. If, in the *Jamaica* Pepper we have found out what the Antients lost, it is herein that we have out-done them: it being a discovery, which, I doubt not, but a little Art will improve beyond all the odours yet known. ¶ It is reputed hot in the third Degree, and adds to *Chocolata* not only a curious scent, but taste: and moderately provokes Urine, and the monethly evacuations in women; it strengthens the Brain, comforts the Wombe, dissipates Winde, concocts and attenuates gross and crude Humours. I cannot do this excellent product of *Jamaica* the injustice, not to tender the double Character given of it in *Spanish*, by two *Spaniards*, that lived in the *Indies*, and whose Learning equalled their Curiosity.

o *Herrandez*, & *Piso*, ubi *supra*.

p The *Spaniards* put it into their *prarmice*, or *Sneezing-powders*, avowing it to corroborate the Brain infinitely: as I am ascertain'd by such, as have seen this practise in *Spain*, and the *Indies*.

Doctor *Fernandez* (lib. 1. Sect. 1. titulo *De los Bainillos*) speaks thus of them: *Son calientes, y secas en tercero grado, cordiales, provocativas de meses, y de orina, aceleran el parto, el echar las pares, cuessen y adelgason lo crudo, y fortalecen el corason, y cerebro, y ses facultades.* They are hot and dry in the third Degree, Cordial, provoke the Terms,

and Urine, and speedy Labour, and freeing for the after-birth, they concoct and attenuate Crudities, they strengthen the Heart, and Brain, and its faculties.

Doctor *Juanes de Cardenas* gives us this account of them. *Las Bainillas compiten con el Ambar. Son de complexion caliente, y seca en primero grado, con que don al Chocolate mui suave olor: y se accentajan a las de mas en ser mui cordiales amigas del corason: engendron espiritos de fuerte, y robusta mixtion, ayudan al cossimiento del estomago, y con su calor cuesdayen los humores gruesos, y crudos; y lo que es mas que todo, con las partes sutiles, y calientes, consumen lo terrestre del Chocolate; con que le dexan mas puro, y sin los dannos de lo Melancholico. That is:*

The *Vaynillas* equal Amber-grise. They are of Quality hot and dry in the first degree, wherewith they give to the *Chocolata* an exceeding sweet smell: and excell other Simples, being extraordinary strengthning for the Heart: they beget strong Spirits, and of a firm mixture; they promote digestion in the Stomach, and by their heat concoct crude and gross Humours, and, which is above all, with their subtle and hot parts they consume the earthy parts of the *Chocolata*, and so leave it more pure, and free from the inconveniencies, with which it might otherwise threaten the Melancholy.

To conclude this Discourse of the *Vaynillas*; It is so called by the *Spaniard*, because
that

that it resembles the *Vagnula* or sheath of a little Sword ; it much resembles the Cod of a French-bean in length, and shape ; it hath in it a small Seed, which fills it from one end to the other, of a blackish colour, but very subtlè parts, and scent. It is observable, that one *Spanish* Writer makes it to be hot in the third Degree, and dry ; another only hot and dry in the first Degree. Such Contradictions are usual in Writers of the *Indies*, and not much to be regarded further, then as the resueries of men too Methodical, or as the intrigues of Nature to be paralleled in Opium, Camphire, Vitriol, Quick-silver, &c. concerning which our most inquisitive and Philosophical Physicians are so perplexed, and differing in Opinions, that we may pardon the discrepancy of the Writers alledged here. Whosoever shall try these *Vaynillas* by the strength and penetratingness of their smell, and perhaps by the vigour of their effects, performing what nothing of *European*, or *East-Indy* growth, of a less Degree in heat, and dryness, then the third, doth ; will rank them with those of that sort ; but here who shall consult his Senses, and observe the mild delicacy in these *American* Products, and particularly in the *Vaynillas*, which is inconsistent with so much heat, and dryness ; and shall consider, that his tongue feels nothing parallel to what happens upon the tasting of a grain of *Chili*, or red Pepper (which yet is placed as hot in the third Degree) he

will by many degrees separate and distinguish the former from the latter. And indeed these powerful effects are not the consequents of an excess of Heat, but of parts moderately hot, and well subtiliated, and digested, in a Country, whose Climate yields an uninterrupted temperature of Heat to its production : from whence we may once for all observe, that it is impossible to provide any *succedanea*, or substitutes for these kind of Commodities : for to use Cloves instead of *Vainillas* is a ridiculous mockage, and hurtful to several complexions, in *Chocolota*.



q Hernandez.
Herb. Mexic.
l. 3. c. 41.

r Pifo in Mar.
c. 18.

Chacanguaricu, *Pumagua*, or *Achiotl* (as it is called by q Hernandez) or *Achiote*, as it is usually called (Mr. Gage calls it *Achiotte*) is called by Oviedo, and Clusius, *Bixa*; by the Natives of *Brasile* r *Yrucu*, and *Roucou* in the Description of the *Antilles*. It is a Tree, that grows every where in the *West-Indies*, without cultivation; it is regarded as well for its use in Painting, as Physick. It is a Tree of indifferent bigness, leaved somewhat like to an Elm, after it hath flowred (which Flower hath scarce any sensible smell) the fruit grows out in a Cod containing thirty or fourty grains, which grains, before they ripen to an hardness, yield a juice of a pure Vermilion colour : out of these grains, either ripe, or unripe, is the *Achiote* so called

f When I am in *Jamaica*, I shall inform my self of the different

operation of *Achiote*, according as it is differently made : of which they, who bring it, or sell it, can give no account.

made

made by a way, I shall not repeat ; yet in the making of it up there is so great a difference, that it is very considerable, some having been purged to death, & others thrown into Fluxes by mixing *Achiote*, not rightly prepared; in *Chocolata*; which hath occasioned some to speak against its being put into it. But it is not by that Character, that the good *Achiote* must be censured : for, if rightly prepared, it is with very good effect mixed with meats in the *Indies* to meliorate their taste, and colour, and smell too. † And in *Chocolata* it produceth all these effects, if *suprá*.
 put in a due proportion : and makes it to be drunk more safely, and with lesse nauseousness : it makes it also to purify the Blood more, and to strengthen the inward parts. In *Brasile* the *Achiote* grains, being duely prepared into Cakes, are mix'd in an indefinite proportion with a dish of *Carima* (which is made of *Tipioca*) and given against Poysons, or other Distempers, promiscuously. ‡ It strengthens the Stomach, stoppeth Fluxes, and, being mixed with agreeable Juleps, layeth Feverish heats. × It is cold, and dry, and moderately adstringent,

Piso ubi
Urucu, sive
Achiote effi-
cit, nè Choco-
late, quantavis
quantitate
hausta, noceat :
illum quippe
ope facile
digeritur si-
ne ulla crudi-
tate. Ita Fr.
Ximenes a-
pud Burggra-
vium in Hist.
Bras. l. 2. c. 3.
u Piso Hist.
utr. Ind. l. 4.
c. 14.

† *Piso in Mant. Aromat. c. 18. Fructuum granarubri frigida sunt & sicca cum modica adstrictione : ex quibus placentulas efformant, qua non solum medicamentis contra quosvis Sanguinis Fluxus inordinatos, sed & cibariis immiscuntur, gratumque simul saporem & colorem iis suppeditant. Inprimis autem omnia hac beneficia praestant confectiioni nostrae Chocolatae, si certa quantitate addentur ; tutius enim tunc bibitur, & citra satietatis & nausea incommodum : adde, quod sanguinem magis purificet, & viscera corroboret.*

Having

Having given you this testimony of it from the learned *Piso*; who interested not himself much in the digesting Plants into several Degrees, according to their first Qualities; but consulted unquestionable Experience: I shall now represent the several Characters of this *Achiote*, given by *Spaniards*, and such as lived in the *Indies*.

The *Spanish Doctor Fernandez*, doth thus Character it in his first Book, Sect. 1. Chap. 14. *Este se hace de la semilla de un arbol cõsida. Yes frio en tercero grado, con alguna adstriccion, Mitiga la sed: y, masclado con el agua, templal is calenturas ardientes, y cura la dysenteria de humores colericos. Da gusto, y sabor, y olor al Chocolate, y le hace mas fresco: de mas de que ajuda a la digestion, y no solo se mezcla para color al Chocolate, si no por que engorda, y annide sustento, con la parte pingue, y butirosa, que es la, que en el prava- lese: y siendo assi, tiene partes calientes, como io son todas las butirosas.* It is made of the grains of a Tree boiled. It is cold in the third Degree, with some adstriction. It allai- es the Thirst, and being mixed with Water, it tempers the burning-Fever, and cures the Bloody-flux, occasioned by Choler. It gives a taste, relish, and colour to *Chocolata*, and makes it more brisk; besides it helps digestion: nor is it mixed with the *Chocolata* for the colour's sake alone, but also because it fattens, and encreaseth its nourishment with its fat and butyrous parts, which pre-

prevail in it: and, being so, it must needs have hot parts in it, as have all butyrous things.

With this agrees the Mexican Herbal, lib. 3. cap. 41. *Frigida est ordine tertio, & nonnullam siccitatem adstrictionemque participat.* --- Extinguit, epotum, aut admotum, febrilentium incendia, opitulatur Dysenteriis, repellitque tumores præter naturam; quo fit, ut Epithematis, frigorisificis Potionibus, seu Julapiis, & quibusvis in frigidantibus cibariis, & Medicamentis, misceri perquam commodè possit. Additur semen Chocoatl (id est, Chocolatæ) refrigerii gratiâ, commendandique saporis, atque coloris. Dentium doloris è calida causa ortes lenit, corroborat, evocat urinam, sitim extinguit, ac croci apud aliquas gentes gerit vicem. --- Adstringit nonnihil, ideòque, cum resina permixtum, medetur scabiei, atque ulceribus, ventriculum corroborat, fluxum alvi cohibet, lac auget permixtum crustis Cacaoatl (id est, Chocolatæ) quem reddit innoxium quâcunque mensurâ bibatur: ejus siquidem gratiâ, facîle, ac citra satietatis incommodum solet concoqui. (i. e.) 'It is cold in the third Degree, and 'participates of some adstriction, as well as 'dryness. --- Being given inwardly, or 'outwardly applied, it allays Feverish distempers, it helpeth the Bloody-flux, and 'repels præternatural Tumours; for this 'cause it may be mixed in cooling Epithemes, Julips, or any food, or Physick, used 'to cool. It is mixed with Chocolata to 'cool, as well as to embitter the taste, and colour

y See Pison.

Histor. Ind.

utr. l. 4. c. 14.

‘ colour. It helpeth the Tooth-ach arising
 ‘ from hot causes, it strengthens the Gums,
 ‘ it provokes Urine, it quencheth Thirst,
 ‘ and with some Nations it is y used instead
 ‘ of Saffron. — It is somewhat adstringent,
 ‘ and therefore, being mix’d with Rosin, it
 ‘ cureth the Itch, and Ulcers; it strengthens
 ‘ the Stomach, stoppeth the Fluxes of the
 ‘ belly; it encreaseth Milk, being mix’d in
 ‘ *Chocolata*; which last drink it renders ve-
 ‘ ry innocent, in how great quantity soever it
 ‘ be drunk: for, by reason of the mixture of
 ‘ *Achiote*, it is drunk down easily, and with-
 ‘ out any ensuing nauseousness of the Sto-
 ‘ mach.

Lib. 5. c. 3.

Jo. de Laet in his Description of the
West-Indies reports thus of *Achiote*. *E semi-*
ne [sc. Achiotl] fit tinctura coccinea, quâ Pi-
ctores utuntur: eadem & in Medicina usur-
patur, quum frigida sit qualitate. Cum aqua
aliqua ejusdem qualitatis hausta, aut foris ap-
plicata, mitigat æstus febriles, sistitque Dysen-
teriam, denique utiliter adjungitur omnibus
Potionibus refrigerantibus, unde etiam vulgò
miscetur potioni Cacao ad refrigerandum, &
bonum saporem & colorem illi conciliandum.
 i. e. ‘ Out of the seeds [of *Achiotl*] there is
 ‘ made a Scarlet tincture, which is used by
 ‘ Painters. The same is also used in Phy-
 ‘ sick, being of a cold Quality. Being mix’d
 ‘ with a proper Vehicle, and either given in-
 ‘ wardly, or outwardly applyed, it allay-
 ‘ eth Feverish heats, and stops the Bloody-
 Flux.

Flux. In fine, it is with much benefit put into cooling Drinks; wherefore it is commonly mix'd with the *Cacao*, to make it cooling, as well as to amend the taste, and colour.

I have shewed the Opinion of such, as favour its being cold even in the third Degree: and therein only it is matter of Opinion; for as to the Effects attributed thereto, I believe them to be of unquestionable authority, being grounded upon the practise of the *Indies*, and not established upon Conjectures. I now come to propose the Opinion of that diligent observer *Roblez*, who irreconcilably differs from the rest, as it follows. *El Achioté, o Viza, assi le llaman los Indios, le echan en las comidas por a cafran. Es caliente, y enemigo de nuestro calor natural, offende las partes espirituales, estraga el bigado, es ventoso sobre manera, por que su calor, y humedad, pasa de segundo o tercero grado, lleuanta vapores gruesos, hincha los Hypochondrios: dicen que es a proposito para las passiones de ornia. Todo el Chocolate, que viene de la Nueva-Espanna, y Guatimala, viene cargado desta terrible vezza, baptisado con nombre de Achioté; y deven los Medicos a consejar, no se use deste con excessó, por que tengo por sin duda, que el Achioté es una lima serda, que produce en nos otros malas passiones: y assi desseara tener autoridad para moderarlo, tengole por caliente en grado tercero, y humedo en segundo;*

y por sas propiedades enemigo de nuestra natural. That is,

‘ *Achiote*, or *Viza*, as it is call’d by the
 ‘ *Indians*, is used by the Natives in their
 ‘ meats instead of Saffron. It is hot, and
 ‘ destructive to our natural heat, it offends
 ‘ the spiritual parts, it weakens the Liver,
 ‘ it is beyond measure flatulent, and windy;
 ‘ because its heat and moisture equals the
 ‘ second or third Degree: it raiseth gross Va-
 ‘ pours, it causes a tension in the *Hypochon-*
 ‘ *dria*: they say, it is good to ease Distem-
 ‘ pers occasioned by stoppage of Urine. All
 ‘ the *Chocolata*, which comes from *New-Spain*,
 ‘ and *Guatemala*, is fill’d with this horrible
 ‘ Ingredient, Christen’d with the name of *A-*
 ‘ *chiote*, and Physicians ought to give advice,
 ‘ lest people use it in too great a quantity,
 ‘ and with excess: because I am undoubtedly
 ‘ assured that it insensibly consumes us [the
 ‘ Spanish is not to be expressed, I think, more
 ‘ fittingly] and creates in us many other
 ‘ evil Distempers: and therefore it ought to
 ‘ be restrained by publick Authority. I
 ‘ suppose it to be hot in the third Degree,
 ‘ and moist in the second: for its Quality it
 ‘ is repugnant to our nature.

z Yet it hath
 so violent a
 piercing on
 the tongue,
 that the im-
 pression cea-
 seth not of a
 long time af-
 ter.

It may seem very strange how so learned
 and experienced and observing a man could
 run into an Opinion so contrary to the o-
 ther of *Hernandez*, both living in the *In-*
dies, one in *Mexico*, and the former in *Peru*.
 If we regard our z taste, it seems to plead
 for

for *Hernandez*: as being evidently cooling (though not to that Degree) and somewhat adstringent ; though the coldness and adstringency sensibly differ, according as it is better or worse prepared: I mean according to the taste, for I have yet experimented it no further. If we consider its Effects, such as have been related, they seem still to oppose *Roblez*, and assert its cooling, and adstringency. As to that enmity, which he maketh it to have with humane Nature, the universal experience of the *Indies* (and of all, that use it ; supposing the *Achiote* rightly prepared) particularly of *Brasile*, *New-Spain*, and *Guatimala*, in the latter of which *Chocolata* hath been immemorially drunk, and in both which places it is the general and famed Drink, doth refute him. Nor is every thing, that is hot and moist in the third Degree, to be exterminated Physick, as destructive to our nature. What Apology then can we make for so learned and observing a man ? The principal excuse, that I can make for him, is, first, that he relies upon the Authority of the *Indians*, who it seems are as peremptory, that *Achiote* is hot, as that *Chilli*, or red Pepper is cold. Secondly he observed, what is also granted by *Fernandez*; That, however it had cooling and adstringent effects, it had also an operation of a quite different nature : for *per las partes aerreas, y delgadas tambien desopila, y pro-*

a One sayes of him in this case, *Falsa Indorum traditione errat, non exacto veritate examine.*

voca mezes; y sudor: by its *aereal* parts it did open *Obstructions*, provoke the courses in *Women*, and cause *Sweat*. And this operation of *Achiote* is likewise attested by two eye witnesses, *Dr. Juanes de Cardenas*, and *Dr. Juanes de Barrios*; and is confirmed to us by

^b Mr. Gage's
Surv. c. 16.

^b Mr. Gage in these ensuing words. *Achiotte bath a piercing attenuating Quality*, as appeareth by the common practise of the Physicians in the Indies, experienced daily in the effects of it, who do give it to their Patients, to cut and attenuate gross Humours, which do cause shortness of breath, and stopping of Urine: and so it is used for any kind of Oppilations, and is given for the stoppings, which are in the breast, or in the region of the belly, or any other part of the body. Now, since

Mr. Gage in another place speaks thus of *Achiote*. 'In *Nixapa*, within the country of *Guaxaca* grow many Trees of *Cacao*, and *Achiote*: whereof is made the *Chocolatte*, and is a commodity of much trading in those parts; though our English and the *Hollanders* make little of it when they take a prize of it at Sea, as not knowing the secret virtue, and quality of it for the good of the Stomach. Gage chap. 3. Which Passage, whether we understand it of compound *Chocolata*, or of simple *Achiote*, it amounts to one thing, since it manifests the innocency of it in our Composure.

these effects are usually performed by Medicines of such a nature, as *Roblez* attributes to *Achiote*, it is to be presumed, that he said it upon that ground: but that *operatio sequitur esse*, that from a parity of Effects one may argue a resemblance of Causes, is

an error in Physick. And in that he saith, it bath an opposition, and qualities destructive

to the nature of Man; I suppose, it being granted to have a *diuretique* and *diaphoretique* nature, and that it introduceth a fusion (and precipitation oftentimes) in the Blood, it may then be granted to bear an hostility against our bodies, if taken by way of food, what is really *Physick*; and what *Hippocrates* saith of *Purges*, that those in health bear them with difficulty: and that they do depredate, and dissolve, by way of colliquation, the flesh, this is true of *diuretique* Medicines, if frequently or continually used by persons in perfect health: which as it is the course prescribed to make people lean, so it is inconsistent with the intended use of *Chocolata*, which is to make fat: and this might as well merit his censure there, as the causeless taking of *Smallage*, and *diuretique* pottages with us in *Spring*. He prohibits it *con excessu* only, in too great a quantity.

This I thought to be fit to say by way of Apology for *Roblez*; I shall only add, that others do repute this *Achiote* to be of a very temperate quality: and as no sense evinceth it to be hot; so its de-obstructing faculty, and its *diureticalness* (it being highly commended not only to dissipate gross Humours, but even the Stone in the kidneys) argue it not to be very cold. However, it is certain, that the *Achiote* ought to be good, and that it ought to be put in but in a due quantity: for as the Reasons specified render the excess of it suspicious;

so do those other, that it *meliorates* the colour, taste, and smel of the Chocolata; and makes it agreeable to the Stomach; these manifest the necessity of commixing some: and for this we have the Precedents of *New-Spain*, and *Guatemala*, and *Mexico*, and the general consent of such Writers, as have recommended it to the practice of other parts of the World; as you may see in *Piso's* Discourse of *Chocolata*.

Mecaxochitl, *Mesacuchil*, *Mecasuchil*, or *Mecacuce* (as *Paulus Zacchias* calls it in *c* *Piso*) in *Spanish* it is called *Manojitos de olor*. *d* It is a peculiar sort of *Pepper*, growing only in *Mexico*, and as it resembles long *Pepper*, so it may be reckoned as a sort of it. It is *hot* in the fourth Degree, and dry in the third; if we may credit *e* *Hernandez*, and *f* *Piso*: but as other Ingredients have been strangely represented by *Indian Physicians*, as to their qualities, so it is with *Mecasuchil*, for *Franciscus Fernandez*; (lib. 2. Sect. 1. c. 13.) gives us an Opinion of his very discrepant from the former, viz. that it is only hot in the first Degree, and dry in the second: his words are these; *Esta especie Aromatica es caliente en primero, seca en segundo, cordial, util à las ventosidades, y contra veneno, echa la criatura muerta, es provocativa de menses, y orina, que facilita los malos partos, y abre opilaciones, y es corroborante con moderada adstriccion; que repara el calor nativo, y alimenta el influente con nu-*

c *Piso Mantif.*
Arom. c. 18.

d *Id. ubi supra.*

e *Hernandez*
Herb. Mexic.

lib. 5. cap. 13.

f *Ubi supra.*

evos espiritos, que cria, fortalece el bigado, y es excelente en la templansa y mixtion Aromatica.

'This sort of *Spicery* is hot in the first Degree, and dry in the second; it is Cordial, good against Wind, and Poyson; it brings away the dead child, it provokes Urine, and the Terms; it gives quick delivery in time of an hard labour; it opens Obstructions, and strengthens the body with a moderate adstriction; it repairs the decay of natural heat, and fills the nourishment passing to each part with new spirits, it strengthens the Liver, and is of an excellent temper, and Aromaticque mixture.

It is put into *Cbocolata* not only because it gives it a good taste, but because it opens Obstructions, cures Colds, and Distempers arising from cold causes; it attenuates gross Humours, it strengthens the Stomach, and it amends the Breath, and relisteth Poysons, and in this Character *Hernandez* & *Ubi supra* and *Piso* differ little.

Xochinacatzlis, Xochinacatlis, Orichelas or *Orejuelas*, (in *Spanish*) and (in *Latine*) *flos auriculæ*,^b is a tree with long and narrow leaves, which bears somewhat large flowers, the leaves whereof are inwardly purple-colour'd, and on the out-side of a grass-green, they somewhat resemble ears, whence they have their *Spanish* name: they are of a very pleasant smell. These flowers are of great esteem in the *Indies*; there is

^b *Hernandez & Piso ubi supra.*

not any thing more *valued*, nor more common in their Shops. They contribute much to the grace of the *Chocolata*, and improve it as far beyond its self, as it transcends other Drinks: they give it a rich scent, and taste, and render it very wholesome. It is said by ⁱ *Hernandez* to be *hot*

ⁱ *Hernandez*
Herb. Mexic.
lib. 2. cap. 4.
^k Ubi suprà.

^l *Hernandez*,
& *Piso* ubi su-
prà: with
whom agree
the Dr. *Jua-*
nes de Barrios,
& *Cardenas*.

in almost the fourth Degree, and *dry* in almost the third: and ^k *Piso* ascribes to it the same temperament, that he doth to *Mecasuchil*. It is allowed ^l to strengthen the stomach, being troubled with cold, and winde; to revive the Spirits, and beget good blood, and nourishment, and to provoke the monethly evacuations in women. But its temperament is more controverted: for the Doctors *Juanes de Barrios*, and *Cardenas* repute it *hot* in the first Degree, and *dry* in the second. I have already declared the Opinion of *Hernandez*: and *Franciscus Fernandez* (lib. 1.) saith, it is *hot* in the third Degree, and *dry* in the second. His words are, *Ninguna es de major valor, para esta bebida per Aromatica cordial, y de excellente olor: caliente en tercero grado, seca en segundo, y que conforta el corason, cordial en la vitalidad, cria muchos y rebustos espiritos, y mas de los vitales, de fuerte y robusta mixtion, indissolubiles: y es de excellente sabor.* ‘There is no Ingredient in *Chocolata* of greater esteem, by reason of its Aromatical and Cordial virtue, and excellent smell: it is *hot* in the ‘third, and *dry* in the second Degree, it ‘strengthens

‘strengthens the Heart, and Vital parts, it
 ‘begets many and strong Spirits, and espe-
 ‘cially the Vital Spirits of a strong mix-
 ‘ture, not dissipable : and it hath an excel-
 ‘lent taste.

Besides the fore-mentioned Ingredients,
 several others are put in partly by the
Indians, as *Maiz*; partly by others, as
Anise-seeds, Fennel-seeds, Cinnamon, Saffron,
Sugar, Cloves, Mace, Orange and Limon-pill
 (in a small quantity) *Musk, Amber-grise,*
Orange-flower water, Almonds, Filberts,
Pistaches, the Chymical oyls of *Cinnamon,*
Cloves, Nutmeg; and some leave out *Achiote,*
 and colour it with *Santals*: in fine every
Chocolata-maker puts in what he doth think
 good, and cordial, or pleasant, and leaves
 out what he dislikes, insomuch that some
 reduce *Chocolata* almost to *Ginger-bread*;
 and put in little of the true *Cacao-nut*. Nor
 is this variety practised only in *England*;
 in *Spain,* and *Portugal* there is the like;
 and an infinite discrepancy in the *Ingredi-*
ents, and proportions ^m of them. I have not
 time, nor can it justly be expected, that I
 should give a particular account of the men-
 tioned Ingredients, whose Nature may be
 found in every *Herbal* almost : I shall only
 give these general *Observations*.

^m In that,
 which I made,
 and which
 pleased His
 Majesty, the
 proportion of
 the *Cacao-nut*
 was double

to the other Ingredients : in that, which I commonly use, the
Cacao-nut is little more then half of the composition, which proporti-
 on is allowed by *Piso*: in the vulgar *Chocolata*, which is made to eat
 in *Cakes,* or *Lozenges,* there is hardly a third part of the *Cacao-nut*.

CHAP. IV.

General Observations about Chocolata.

1. **T**hat there ought to be a great care in the due choice of the *Cacao* nut. For there is a great variety in the nature and taste of the Nut: some are bitterer then others, some are more oily and nourishing then others. Thus those of *Carraca*, or *Nicaragua*, were chosen by me to prepare *Chocolata* for His Majesty, notwithstanding that I had seen some from *Jamaica*, that were very well tasted, and well cured: for there is not only a great difference in the growth and nature of the Nuts, but in the curing of them; for, if they be not gathered in due time, and well sweated after they are gathered, and that upon Mats, not Boards, (for the Mat dries up the sweat better, then the Board, in which whilst they soak, the *Phlegm* is re-imbibed by the Nut, and the oily parts not sufficiently exalted, and digested) the Nuts are not so good, as that we should expect any great excellency from the *Chocolata*.

2. That there ought to be a great care in the Picking, Garbling, and preparing the Nuts. It is not sufficient to choose Nuts of a good age, and growth; old, but not decayed: (for these are most oily) nor to cast away such, as are apparently corrupt: but having dried them (in the doing of which beware you burn them not; and so imbitter the

the Composition) you must *bull* them, and then *pick* them, casting away all the corrupt and musty ones ; for, if you be not careful herein, the *Chocolata* will in a little time shew it self to be musty, and decay. I had once some new *Chocolata* shew'd me, to ask my judgment of : and it seemed to me then very pleasant, and good : within a fortnight after, I tasted it, and it was *good for nothing* ; so musty was it, after it had fermented a while by standing : yet was it carefully kept. It is usual amongst the *Chocolata-makers* to repute those Nuts good, and sound, which are blackish, and not musty, nor rotten ; though upon breaking of the Nut, in the several divisions and parts there be in *intercurrent hoariness*, which will vanish at their drying : but I suppose all rational Persons will grant, that that is a *tendency to corruption* ; and any curious Observer will distinguish those Nuts from such, as have not the least *inchoated* decay, by the taste. After all this garbling, they must be well beaten to powder, and finely *searced*, or else the *Paste* will not be good : for, although, in the *grinding*, they will mix, and melt into a *Paste*, yet will not that *Paste* consist of so *small Particles*, as when *searced* ; and consequently not dissolve so well in the *Potion*, as otherwise it would.

And after it is thus prepar'd, in the grinding of it there is much of Art : I have already excepted against the making it in a

Mortar, or on an Iron Table; the only way to moderate the heat, and to preserve it from discolouring (by the iron) or running too fast into oyl, whereby it is made unfit to keep; and also some parts unequally dissolve, the *Spices* mix not well, and it is precipitated in the making up before a sufficient incorporation, and never ferments right, nor attains its perfect gust.

I have already spoken concerning the way of grinding the *Spice*, rather then beating it; and that with this caution, that the *Spice* be not only ground singly over, but after ground all together, that so the several parts of each individual *Spice*, and Ingredient, may operate upon the subtiliating of the other; besides that hereby each is more *exquisitely commix'd*, then by any other way can be contrived.



I am of the mind, that if there be any settling at all in the *Chocolata* Drink, it is either because the Nut is faulty, being *ill-cured, unripe, new, or corrupt*, and so its parts dissolve not into oyl, but sever themselves, or because it is not well beaten, and *searced*; or made up too hot, and so hastily dispatched, because some parts *dissolve too much*, and others *not at all*: or the *Spice* is not *well beaten*, and incorporated; or by reason of some other Mixture: for otherwise there will not be any Settling at all, nor any such *terrestrious parts*, as some besides the *Spaniards* do imagine. This is to be understood of the *Chocolata* being hot: for, if it cool, the pores of the

the water, being fill'd with a *sufficient proportion* of Particles, do precipitate the superfluous Corpuscles to the bottom; as do other liquors in the like case. To prevent this discovery, the *Chocolata-sellers* mix an egg or two or more with it, that so the indissolved, or indissoluble parts may be supported by the grossness of the Liquor. The like is to be seen, when it is prepared with Milk; which is a thicker body, and will bear more and greater parts innatant, then water: yet it is to be noted, that let the best *Chocolata* be prepared milled, and unmilled, and there will be a great discrepancy in the *innatant, supernatant, and subsiding* bodies; but in good *Chocolata* either there is no *setling, or remanence* in the bottom of the Cup you drink, if it be indifferent warm: or, if there be, it is not *black*, but *reddish* and *oily*, and easie to be digested; the contrary whereof is observable in the ordinary, and *Spanish*, as well as *Dutch Chocolata*.

Since that the effect of *Chocolata*, as to its *nourishing nature* depends upon the *Cacao nut*, that *Chocolata* is best, which hath most of it; all things else corresponding: and that worst, as to the aforesaid end, which hath least of it; though that be endeavour'd to be supplied by *Almonds, Filberts, Pistachets*; these last being more *stopping, less nourishing*, and not *dissolving in the Position* proportionably to the other.

Since that the *Paste* must be well work'd,
and

and that the excellency of *Chocolata* lies in that the parts of the *Cacao* nut, being not too much dissolved into an oyl; for then it will not keep; nor endure the heat of your hand, or pocket (especially in *Cakes*) but melt; and yet must be kept in a box, or place temperately hot, and free from moisture, or it will mould and decay: or, in that the said parts of the *Cacao* nut be sufficiently dissolved; for otherwise it will keep neither (in *England*, without care) nor ferment well, and attain its delicate taste; but yield a settling: Upon this score it seems to follow, that neither the putting in of *Orange-flower water*, nor *Chymical oyls*, into it at its making up, is good: for it hinders it in the working, to be sufficiently dissolved; or causeth it to dissolve too much: nor could I ever yet see any with those oyls in it, which would keep or carry well (especially in *Cakes*:) but this is not the only reason against them.

For, if to *Stomachs*, that are in perfect health, and of a good temper, it be prejudicial to give things too hot, and qualified rather to dissipate then continue the vigour of the *Spirits*; and such are *Chymical oyls*, and *hot Spices* in a great proportion: hence we see cold distempers, as the *green-sickness*, *rheums*, and the like, to follow upon eating much thereof; as ⁿ *Piso* observes, that eating of *Nutmeg*, (however much cryed up in distempers of the Memory, and Brain) did

ⁿ *Piso* in *Man-*
rifs. Arom. c. 9.

did introduce, to his knowledge, forgetfulness, dulness, and sleepiness. The like is observed concerning Nutmeg and Mace in *Java* by *o Bontius*: and *Rondeletius* somewhere tells us, that in *France* the Maids drink *Ginger* to make them look pale: of which I once saw the Experiment in a fair Patient; which recovered upon the discontinuing of what she drunk by advise as *Physick* for a cold *Stomach*. But however that I do not approve of the putting in of those *East-Indy Spices*, yet I do

not any way disallow those more delicate and mild ones of *America*; the defect of which I suppose is not to be supplied by any *Cloves*, or *Nutmegs*, or *Black Pepper*. And although I do commend our *American Spice*, yet would I not have excess of them, but a mediocrity; especially of

the *Chiles*, or long red *Pepper*, which though it be very good for weak *Stomachs* (which reign generally in the *Indies*, and hot Countries) yet hath it its faults, which I have already recited: yet of this, that, which is brought as the richest from *Spain*, (and imitated by several here) is too full; so as that I have felt the impression of it on the

glandules

p As to the Chymical oyls, you have a further exception against them hereafter: be pleased here only to add, that such oyls being dissolved in the *Stomach*, as they are more dissippable (so as to relinquish the *Cacao-nut* in the *Stomach*, whilst they diffuse themselves by the *Nerves*, or *Veins*, into the body) and more dissipating being vigorated by the fire, and disengaged from the gross parts, which detained them before in solid *Spices*; so the use of them frequently or constantly produceth the same infirmities, that do the *Spices* themselves.

o J. Bontius
de Med. Ind:
lib. 1. cap. 5.
De Aromat.

glandules of my throat for a long time after I drank of that *Chocolata*.

Since that it is necessary, that *Chocolata* be kept at least a moneth, before that it can arrive to its proper Taste ; which is a known thing, and I have tryed it : even that, which so pleased him above any, that *Spain*, or *Flanders* produced, had not the advantage of time ; for a moneth after it had a much more excellent taste then before. It being so, we are to have regard to the particular age of the *Chocolata* to be used : for, if it be new, it is not come to its Maturity, nor attained that perfection, which is to be gain'd by long Digestion, and Fermentation ; it being observed, that several Compounds (which ~~is~~ demonstrable in *Treacle*, and *Mitbridate*) derive a particular virtue from a long Fermentation, distinct from what the several Ingredients new put together have : nor is this benefit of Fermentation to be denyed to *Chocolata* (though it can never be bad, if the Ingredients be good, and well ordered, and proportioned) since we experience it in the good *Chocolata*, that it becomes better ; and in the bad, that (however it may taste well at first ; if the nuts be corrupt, and musty) it will suddainly grow worse, notwithstanding the goodness of the *Spicery*.

Since Age and Fermentation is so requisite to the improving *Chocolata* (which is avowed by the most accurate *Spanish Physicians* : I leave it to the consideration of
Men,

Men, if the making it up into *Cakes*, or *Lozenges* can be so good; since neither in so small a proportion, nor so small a bulk do Compounds ferment well, nor Spicy preparations keep their vigour.

Besides, if *Age* and *time* be requisite to the imbettering *Chocolata*, how can any *Chymical Oyls*, or *Spirits*, be properly put in, since they admit not so long keeping, but evaporate, and so destroy the Composition intended to be enriched by them: they carry away with them the choice parts of the *Cacao Nut*, and deal by *Chocolata*, as *hot Drinks* and *Spicery* by our bodies, which create *Apoplexies*, *Palsies*, and other cold *Distempers*.



CHAP. V.

Concerning the effects of Chocolata.

TO speak concerning the particular effects of *Chocolata* may to some seem a superfluous attempt; and to others impossible. The former may ground their Opinion upon what I have said of the *Cacao Nut*; whose *virtues* and *nature* being known, we cannot ignore the *nature* and *effects* of the plain simple *Chocolata*, such as alone hath the commendation of the *Indian Experience* for so many years: it being made up of nothing but *Cacao Nuts*, and *Pocholt-grain*,

grain, (which I suppose to be all one with the *Paniso*) incorporated; and in time of use it was dissolved in *Atolle*, (which *what* it is I have already told) and that this was refrigerating, and very alimentous, is undubitable. The *Achiote*, *Orichelas*, and *Vaynillas*, were not ordinary Ingredients, but occasionally put in, as People's Stomachs could not bear the common Composition, it being too cold, or too Uuſtuons (and so relaxing of the Stomach) to Persons of a more then ordinary debility of Stomach : and according as they were more or less weak, so they put in *more mild Spices*, as the *Vaynillas*, &c. or the more violent, as *Agies*, or *Guiny-pepper*. So that I, having enlarged about the *Cacao Nut*, may justly seem to decline a repetition of what I have said. And as to more elaborate Compositions, abstracting from the already declared nature of the *Cacao Nut*, and other Ingredients already related, or hinted, it seems impossible to declare any great thing concerning those, since their Compositions are unknown, and not established by Experience, but the conjectures of *Physicians*, or ignorant *Chocolata-makers*, who amass whatsoever is good, or pleasant alone, to be an Ingredient of this Composition. Which course is very vain and foolish, since even *Cordials*, and *hot things* (however effectual in swoonings, or distempers of cold and winde) are prejudicial to the healthy, and suit not with

with all Tempers ; no, nor with any as constant Diet, but as *Medicinal*, which is not the real use of *Chocolata*. The *Indians*, as they used it for food, and daily aliment, prepared it as aforefaid : upon occasion of Fevers, and other hot Distempers, they made some little alteration of it, fuitable to the difeafe, and fo in Fluxes, and Dysenteries, and imbecillity of Stomach. They put no Sugar in it, nor otherwise enriched it in that they ordinarily fed on ; and to this day they have not encreased their way beyond
 q *Cacao*, *Achiote*, *Maiz*, and a few *Chiles*,
 and a little *Anife-feed*. Nor did the *Spaniards* vary much from it, long after they had subdued the *Indies*. About fifty years ago it began to be used in *Spain*, being sent over for a delicacy, after that they had enriched it, and given it a pleasant *gusto* at *Mexico*. And what is now used, if we look back to *An. Colm. de Ledesma's* way, is of a newer date ; and if it scarce have the credit of being experienced ; much less have the feveral variations created fince : which have no other Original, then that a *Spanish* Phyfician, finding his Patient used, or enclined to *Chocolata*, prefcribed it to him, or her, with a mixture of thefe Spices, or other pleasing and rich Ingredients (and
 r fometimes not fo) to be taken to open Ob-

q *Mr. Gage*
 Chap. 16.

r Thus *Ant.*
Colmenero

fays, you may add the feeds of *Melons* and *Pompions* of *Valencia* dried, and powdered, or *Ceterach*, *Amber-grife*, and *Musk* ; others add *Trochifcs* of *Rhubarb*, *Madder-roots* powdered, and prepared steel, and fo give it, as an alterative.

struotions,

structions, and to strengthen Nature after a general course of Physick premised : and this kind of *Chocolata*, being successful in the recovery of one Grandee, or eminent Lady, must be propagated to be the entertainment of others, whose indispositions require it not, or whose healthy condition cannot bear it. For it is not to be thought, that *Gusman de Alfarache's* Hospital of Fools is confined to *England*; no, in other Countries there are those, that can be as impertinent in their *Chocolatas*, or other *Cordials*, as our Ladies, and Gentlewomen are, who obtrude upon their Visitants their Diet-drinks, Herb-pottage, Cordials, and Confections, with the solemn recommendation of, It was used by such and such :---It contains nothing, but what is opening.---It is good for the Spleen, or Liver.---It dissipates wind, ---and a thousand such like prefatory Discourses to endear to them their mischief. This is that, which hath occasioned that variety of *Chocolata* in *Spain*, so that scarce two houses in *Sevil* make it alike. And amongst us the case is worse, since that the mixture of Chymical Oyls (unknown in *Spain*) and several Magisteries, give scope to *Chocolata* makers, and Ladies to practise with, as well as Physicians.

I thought it my duty to give publick notice hereof, to the end, that Physicians might be acquainted with the reason of the great discrepancy in *Chocolata*, and that others might

might be cautioned against the following the particular preparations of several persons, who have sophisticated and spoiled one of the most excellent and healthful drinks in the world. It is true, that Physicians say how in Alteratives there is little mistake in the dose, or quantity: but this respects their being given once, or but for a short time: and so these alterative *Chocolatas*, being taken but once, or seldom: (if the Ingredients be not violent, nor the body Cacochymical, nor the season sickly) may little endamage the sound; and as little amend the sick. But, if they be often taken, or constantly by way of repaste, it is not to be doubted, but how little error soever be, or can be committed in the dose, a great one will be committed in the continuance, if either the body be healthful, or possessed with a distemper not requiring (or repugning to) the additional Ingredients in the *Chocolata*. And several have experienced the consequences of this variety of mixtures, and uncertainty of compounding *Chocolata*: for, having taken *Chocolata* of *Antwerp* for Hypochondriacal distempers, by using that of *Spain* they have instantly been molested with the Hemorrhoids. Some, having been troubled with a virulent *Gonorrhea*, and debilitated therewith, have took the plain *Cacao*-paste with Nutmeg, Mace, Cinnamon, and Sugar, to advantage; but being indifferently well, or recovered quite in a manner, by drinking of *Chocolata*


made up with ordinary Pepper, they have relapsed, or incurred a sharpness of Urine, to their great astonishment; they not understanding the difference of *Chocolatas*. Others, having been troubled with the apprehensions of a Consumption, and Cough; and having found benefit by the simple *Chocolata* used by some ordinary sellers of it, meeting with a parcel of what hath been esteemed choice, and rich, by using it they have been damnified in their health; their Rheums have been encreased by a colliquation of the humours, the palat of their mouths being brought down by the keenness of the *Chiles* acting on the *glandules* about the throat; and, their blood being heated, their sleep hath forsaken them. In fine, the issue hath been altogether contrary to their expectation, and perhaps the Physician, who recommended it, hath, as well as his Patient, entertained an ill opinion of the Drink, whereas they ought to blame the *Chocolata*-makers, who inform them not of the variety of Ingredients, wherewith it is made.

I come now to represent the virtues of the compound *Chocolata*, the praises whereof I would not have understood of the several rich Compositions not authenticated by experience, nor known to the world, nor those Authors I shall alledge: all they say is to be restrained to the plain *Chocolata* of the *Indies* made up of the Nut, Maiz, *Achiote*, a few *Anise-seeds*, and *Chiles*; pro-
por-

portioned, and suited to the temper of the Patient, and given in pure water, or *Atolle*, (and the last more or less plain, as occasion served) or of what was not discrepant from it by the mixture of any vehement Spices of the *East-Indies*, but the more milde ones of *America*, as the *Vaynillas*, *Jamaica-pepper*, *Sugar*, and the like ; which being within no unsuitable latitude, I shall report their Characters promiscuously.

Franciscus Fernandez, principal Physician in the Kingdom of *Mexico* under *Philip II.* and appointed by him to enquire diligently, and to write of the Natural and Medicinal Rarities of that Province, saith of *Chocolata* thus: *Es una de las mas saludables, y preciosas bebidas, de quantas hasta oi estan descubiertas: por que en toda esta bebida no se echa cosa, que sea mala, ni haga danna à la salud, si no todas cordiales, y de mucho provecho, para vi eos ninños, mugeres preñadas, y gente ociosa: y conviene no beber tras della, ni comer oia cosa, ni hacer exercicio despues de tomarle, si no estar se un rato quieto. Y deve tomarse bien caliente.*

‘ It is one of the most wholesome and precious Drinks, that have been discovered to
 ‘ this day : because in the whole Drink there
 ‘ is not one Ingredient put in, which is either
 ‘ hurtful in it self, or by commixtion ; but
 ‘ all are cordial , and very beneficial to
 ‘ our bodies, whether we be old, or young,
 ‘ great with child, or others accustomed to a

‘ sedentary life. And we ought not to drink,
 ‘ or eat after the taking *Chocolata*; nor to
 ‘ use any exercise after it: but to rest for a
 ‘ while after it without stirring. It must be
 ‘ taken very hot.  This is the Chara-
 cter of *Chocolata* with *Achiote* in it: for *Fer-*
dinandez did much approve thereof.

Dr. Juanes de Barrios speaks thus of it:
Digo pues, que es menester considerar, que al
principio, que esta bebida se començo à usar, se
hacia de menos simples, y cosas, que el dia de oi
se hace, por que los Indios antigos de Guati-
mala no echavan en ello que oi echa: y no es de
maravillar, por que en las comidas, y bebidas, y
cosas compuestas, el uso, y el tiempo las perficiona,
hasta dardes el punto de la salud, y de gusto, que
oi tiene, y esto passa en los usos, hasta darle su
punto.

‘ I say, it is to be considered, that in the
 ‘ beginning, when this Drink of *Chocolata*
 ‘ came first to be used, it was made of fewer
 ‘ Ingredients, and things, then it is now
 ‘ made with; because the antient *Indians* of
 ‘ *Guatimala* did not put into it them, as now:
 ‘ nor is that to be marvelled at, because in
 ‘ meats, and drinks, and all manner of com-
 ‘ positions it is Natural for them not to be
 ‘ begun, and perfected at once: but this
 ‘ must be done by time, and practise; till
 ‘ they arrive at that height of healthfulness,
 ‘ and taste, which they get at length. And,
 having said this, he adds, *Es comoda pues ella*
sola suple el almuerzo, y algunas otras comidas,
 por

por que con ella no es menester, pan, ni carne, ni bebida : y en un momento se hace y sacona, lo que no ai en las otras. ' It is good alone to make up a breakfast, and supply other vitu- als ; because, having it, you need no further meat, bread, or drink : and in a moment it is prepared, which is not to be found in others.

Dr. Juanes de Cardenas concludes thus of it: *Y digo, que usado con esta advertencia, sera de mucho provecho para la salud, y es bastante a alargar los dias de la vida ; por que fuera de que da buen sustento al cuerpo, ajuda a gestar el mal humor, vacuandole por sudor hieses, y urina : y digo otra vez, que entierra ninguna es mas necesario, que en las Indias, por que como es humida, y dexativa, anda los cuerpos, y estomagos llenos de flemas, y de superflua humidad, laqual con el calor del Chocolate, se cueesse, y convierte en sangre, lo que no hace el vino : por que realmente antes se azeda, con la flemma, y suele abitar mas.*

' And I say, whosoever takes it with the ' cautions, and directions aforesaid, takes it ' with much benefit, and it conduceth much ' to the lengthening of his life ; and the rea- ' son is, because it yields good nourishment ' to the body, it helps to digest ill humours, ' voiding the excrements by sweat, and urine : ' and I say, it is no where more necessary ' then in the *Indies*, which are moist, and apt ' to create lassitudes, their bodies there be- ' ing, together with their Stomachs, full

of Phlegm, and superfluous moisture, which are concocted by the heat of *Chocolata* into good Blood; which is an effect beyond what Wine produces: for the Wine doth degenerate into sowness, and corrupts together with the Phlegm, and multiplies indigestion.

John de Laet, Secretary of the *West-Indy-company* in *Holland*, a Man accurate both in the Geography, and natural History of the *Indies*, represents it thus: *Chocolate variis modis componitur pro cujusque appetitu: de qua hoc tantum dicemus, quod præclare nutriat; verum si nimis crebro & immoderate sumatur, debilitat, & alia præterea adfert detrimenta.*—*sc. immodicus usus potionis è Cacao confectæ plurimarum infirmitatum & morborum causa est: quia generat Obstructiones, corrumpit colorem, & inducit Cacochymiam, & similes pravos effectus.* *Chocolata* is made several ways according to each Man's fancy: concerning which we shall only say, that it nourisheth very well; but, if it be used too much, and too often, it begets weaknesses, and other indispositions: *sc. the immoderate use of it multiplies Obstructions, spoils the Complexion, and introduces a Cacochymy.*

Jaques Amproux in his *Natural and Moral History of the *Antilles* of America*, (ch. 16.) gives us this Intelligence. *Le Cacao croist en la province de Guatimala, pres la Neuve-Espagne, qui est aussi un fruit tres-renommé en toute*

toute l'Amerique, pour être le principal Ingredient, qui entre en la composition de la Chicolate, ou Chocolate, d'ont on fait un bruvage souverain pour fortifier la poitrine, dissiper toutes les humeurs malignes, qui s'y attachent, chasser la gravelle, y tenir le corps frais, y dispos, pourveu qu'on le prene modérément.

'The Cacao grows in the Province of Guatimala, in New-Spain: it is the most renowned Fruit in all America; because it is the principal Ingredient in Chicolate, or Chocolate, which makes a sovereign Beverage to strengthen the Stomach, to dispel all evil Humours, that trouble it, to evacuate the gravel, and to preserve the body fresh, and in full vigour, if it be taken moderately.

Gul Pifo quotes this Passage as from the experience of Ant. de Ledesma, whom he recommends as a credible Author. *Motus enim iis, inquit Ant. de Ledesma, quæ in Indiis fieri solent, cum illuc pervenissem, ægrotantiumque domos, aeris calore ferventes percurrerem, aliquando haustum aquæ petere solitus, vitales restinguendi faces gratiâ, Indorum suâsu Chocolatam sibi compescendæ convenientiorem bibi: sæpiusque id factum, leniebatur exinde ardens bibendi desiderium: etiam si jejunos assumpsissem, Stomachi tamen vires refectas sentiebam. Ex cuius potionis continuato usu alii mecum impinguesciti sunt: cum tamen pleraque Ingredientia, excepto Cacacio,*

& Maizro, quod calida & sicca sint ordine
 tertio, ad extenuationem corporis facere vide-
 antur: sed constat ratio; butyrosæ enim Cacacii
 partes pingue reddunt corpus; calidæ verò, quæ
 confectiorem ingrediuntur, pro vehiculo infer-
 viunt, quo pinguis ista substantia ad jecur de-
 feratur, & inde in cæteras dimanet partes,
 tandemque ad carneas demum derivetur.
 Having a curiosity to see to acquaint my
 self with the Rarities of the Indies, at my
 being there, I went to visit my Patients,
 and being thirsty I used to call for some
 water to allay my drought, and defect of
 vital Spirits; at length by the perswasion
 of the Indians I drank *Chocolata*, as being
 more convenient to allay my thirst. And
 indeed upon the drinking of it I found my
 vehement desire of drink to leave me; and,
 if I took *Chocolata* in a morning, I found it
 did much corroborate and refresh my Sto-
 mach. By the continual use of which
 drink I, and several with me, became fat;
 notwithstanding that most of the Ingredi-
 ents, except *Cacae-nuts*, and *Maiz*, be hot
 and dry in the third Degree, and seem more
 ready to extenuate. But the reason is, for
 that the unctuous and butyrous parts of
 the *Cacao-nut* do fatten, whilest the other
 Ingredients serve only as vehicles, to di-
 stribute those other to the Liver, and thence
 to the whole body. This is the account he
 gives from *Anton. de Ledesma*: his own Ob-
 servation in *Holland* is as follows; *Quia*
maxima

maxima pars Ingredientium, excepto Cacacio,
in Europam non deferuntur, substitui possunt;
& solent vel vulgaria illa Indiæ Orientalis A-
romata, vel alia aliqua semina, aut flores cui-
que regioni & individuo convenientia. Quod
& fieri sæpe in Belgio vidi, & ipse cum vo-
luptate viriūque refectiōe hīc consecutam gu-
stavi. Porro non memini aliquem nostratium
(modo non ferverent illi Hypochondria) ex
quotidiano usu ejus potius malè habuisse. Mul-
tis contra morboris medelam attulisse scio, præ-
sertim Hecticis, Catarrhosis, Asthmaticis, qui-
bisque præcordia languerent. 'Because that
' few of the Ingredients of Chocolata, except
' the Cacao-nut, are brought into Europe,
' instead of them there are, and may be sub-
' stituted either those common Spices of the
' East-Indies, or other Seeds, and Flowers,
' suitable to the particular condition of each
' Climate, or individual Person. Which
' I have often seen done in Holland, and I
' my self have drunk of it with great plea-
' sure, and refreshment of my Spirits. Nor
' do I remember, that any of our Country-
' men [Hollanders] was ill, or any thing the
' worse for drinking of Chocolata daily; ex-
' cept he were troubled with Hypochondri-
' acal heats. But, on the other side, I am sure
' on my own knowledge, that it hath done
' much good to many, who were very sickly,
' and in particular to several troubled with
' Hectick Fevers, Catarrhs, Asthmas, and
' imbecillity of the Stomach, and Vitals.

Be-

Besides the virtues attributed to *Chocolata*, I desire it may be observed what he tells is done in the compounding of it; how, instead of the true *American* Ingredients, other succedaneous ones are employed, viz. the Spicery of the *East-Indies*; betwixt which and those of the *West-Indies* there is no resemblance, the one being milde, the other violent: and against the use of which (even to the total exterminating them) this Author hath

[Gul. Piso
Hist. utr. Ind.
in Mant. Arom.
cap. 9.

writ a Discourse, however that he allow them to be substituted for the other in *Chocolata*. Nor is the commutation of Spice for Spice onely; even other Flowers and Seeds are substituted, and this he knows to be done in *Holland*: which being so, how can any recommend the use of *Chocolata*, not knowing what Ingredients are in it, or knowing that comes from *Holland*, where other Ingredients then ought to be, are put in for certain; though it be as uncertain what they are, or whereunto effectual? It is further to be observed out of his words, that such Ingredients are to be put in, as suit with each particular Climate, and individual Constitution. Wherefore the same *Chocolata* is not to be promiscuously used by men in health, of all tempers, nor by men sick of different diseases. Which was observed before by me in this Discourse, and I take notice of it here again occasionally, to shew, that I am not singular in my opinion. In *Spain*, to make it purging, or lenitive, they put in *Alexandrian* Roses, as *Ledesma*, and others acknowledge: and what if one should meet with a parcel of such *Chocolata*, who is already too soluble, or to whom it may be pernicious to be so? They who sell *Chocolata* understand not any distinction.

Mr.

Mr. Gage chap. 16, tells us of it : That
 “ where it is so much used, the most, if not
 “ all of them, as well in the *Indies*, as in
 “ *Spain, Italy, Flanders*, (which is a cold
 “ Country) finde, that it agreeth well with
 “ them. True it is, that it is used more in
 “ the *Indies*, then in the *European* parts, be-
 “ cause there their Stomachs are more apt
 “ to faint then here, and a cup of *Chocolate*
 “ well-confected comforts and strength-
 “ ens the Stomach. For my self, I must say,
 “ I used it twelve years constantly, drinking
 “ one cup in the Morning, another yet be-
 “ fore Diner, between nine and ten of
 “ the Clock; another within an hour or
 “ two after Diner, and another between
 “ four and five in the afternoon, and when
 “ I was purposed to sit up late to Study,
 “ I would take another cup about seven or
 “ eight at night, which would keep me
 “ waking till midnight. And, if by chance
 “ I did neglect any of these accustomed hours,
 “ I presently found my Stomach fainty.
 “ And with this custome I lived twelve
 “ years in those parts healthy, without any
 “ Obstructions, or Oppilations, nor know-
 “ ing what either Ague or Fever was. Yet
 “ I will not dare to regulate by mine own
 “ the Bodies of others, nor take upon me
 “ the skill of a Physician, to appoint, and
 “ define, at what time, and by what Per-
 “ sons it may be used. Only I say, I have
 “ known some, that have been the worse
 “ for

"for it, either for drinking it with too
 "much Sugar, which hath relaxed their
 "Stomachs, or for drinking it too often; for
 "certainly, if it be drunk beyond measure,
 "not only this *Chocolatte*, but all other
 "Drinks, how innocent soever, may be
 "hurtfull. And if some have found it op-
 "pilative, it hath come by the too too
 "much use of it. As when one drinks o-
 "vermuch Wine, instead of comforting
 "and warming himself, he breeds and
 "nourishes cold Diseases; because Nature
 "cannot overcome it, nor turn so great a
 "quantity into good nourishment. So he,
 "that drinks much *Chocolatte*, which hath
 "fat parts, cannot make distribution of so
 "great a quantity to all the parts: and
 "that part, which remains in the slender
 "Veins of the Liver, must needs cause Oppi-
 "lations, and Obstructions. But lastly, to
 "conclude with this *Indian* drink, I will
 "add what I have heard Physicians of the *In-*
 "*dies* say of it, and have seen it by expe-
 "rience in others (though never could I find
 "it in my self) that those, that use this *Cho-*
 "*colatte* much, grow fat, and corpulent
 "by it: which indeed may seem hard to be-
 "lieve; for considering, that all the Ingre-
 "dients, except the *Cacao*, do rather exte-
 "nuate, then make fat, because they are
 "hot in the third Degree. And we have
 "already said, that the Qualities, which do
 "predominate in the *Cacao*, are cold, and
 "dry,



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“dry, which are very unfit to add any
“substance to the body. Nevertheless it
“may be answered, that the many un-
“ctuous parts, which have been proved to
“be in the *Cacao*, are those, which pingue-
“fie, and make fat: and the hotter Ingre-
“dients of this Composition serve for a
“guide, or Vehicle, to pass to the Liver,
“and the other parts, untill they come to
“the fleshy parts: and there finding a like
“substance, which is hot, and moist, as is the
“unctuous part, converting it self into
“the same substance, it doth augment, and
“pinguefie. Hereupon he recommends it
to the *English*, to be drunk by them: I
shall not instance many Testimonies out of
him, to evince its general use among the
Indians; besides what he sayes in the *Chapter*
already cited, in his *Relations of Guate-*
mala, and *Chiapa*, he mentioneth their use
of it, more then once: and speaking of
Chiapa (chap. 15.) he hath this following
Story, which because it evidenceth the O-
pinion the *Spanish Dames* have of *Chocolatte*,
I shall insert at large.

“The Women of *Chiapa* pretend much
“weakness and squeamishness of Stomach,
“which they say is so great, that they are
“not able to continue in the Church,
“whilst a Mass is briefly hudled over, much
“less whilst a Solemn high-Mass is sung,
“and a Sermon preached, unless they drink
“a cup of hot *Chocolatte*, and eat a bit of
Sweat-

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Sweat-meats to strengthen their Stomachs.
For this purpose it was much used by them
to make their Maids bring them to Church
in the middle of Mass, or Sermon, a cup of
Chocolatte, which could not be done to
all, or most of them, without a great con-
fusion, and interrupting both of Mass, and
Sermon. The Bishop, perceiving this a-
buse, and having given fair warning for
the omitting of it, but all without an a-
niendment, thought fit to fix in writing
an Excommunication upon the Church-
doors against all such, as should presume at
the time of Service to eat or drink with-
in the Church. This Excommunication
was taken ill by all, but especially the
Gentle-women much to heart, who pro-
tested, if they might not eat or drink in the
Church, they could not continue in it to
hear what otherwise they were bound
unto. The chief of them knowing what
great friendship there was between the
Bishop, and the Prior, and my self, came
to the Prior, and me, desiring us to use all
means we could with the Bishop for re-
voking that his Excommunication so hea-
vily laid upon them, and threatening their
Souls with damning judgment for the vi-
olation of it. The good Prior and my self
laboured all we could, alledging the custome
of the Country, the weakness of the Sex,
whom it most concern'd, and also the
weakness of their Stomachs, the contempt,
that

' that might ensue from them unto his per-
 ' son, and many inconveniencies, which
 ' might follow, to the breeding of an uproar
 ' in the Church, and in the City, whereof
 ' we had some probable conjecture from
 ' what already we had heard from some. But
 ' none of these would move the Bishop; to
 ' which he answered, that he preferred the
 ' honour of God, and of his house, before
 ' his own life. The women, seeing him so
 ' hard to be intreated, began to stomach
 ' him the more, and to sleight him with
 ' scornful and reproachful words; others
 ' sleighted his Excommunication, drinking
 ' in iniquity in the Church, as the Fish doth
 ' Water, which caused one day such an up-
 ' roar in the Cathedral, that many Swords
 ' were drawn against the Priests, and Pre-
 ' bends, who attempted to take away from
 ' the Maids the cups of *chocolatte*, which
 ' they brought to their Mistresses: who at
 ' last seeing, that neither fair nor foul means
 ' would prevail with the Bishop, resolved to
 ' forsake the Cathedral, where the Bishop's
 ' own, and the Prebends eyes must needs be
 ' watching over them; and so from that
 ' time most of the City betook themselves to
 ' the Cloyster-Churches, where by the
 ' Nuns and Friars they were not troubled,
 ' nor resisted, though fairly counselled to
 ' obey the command of the Bishop; whose
 ' name now they could not brook, and to
 ' whose Prebends they denied now all such

relief and stipend for Masses, which former-
 ly they had used to bestow upon them, con-
 ferring them all upon the Friars, who
 grew rich by the poor impoverish'd Cathed-
 ral. This lasted not long, but the Bishop
 began to stomach the Friars, and set up a-
 nother Excommunication, binding all the
 City to resort unto their own Cathedral
 Church, which the Women would not o-
 bey, but kept their houses for a whole
 moneth : in which time the Bishop fell dan-
 gerously sick, and desired to retire himself
 to the Cloister of the *Dominicans*, for the
 great confidence he had in the Prior, that
 he would take care of him in his sickness.
 Physicians were sent for far and near, who
 all with a joint opinion agreed, that the
 Bishop was poysoned, and he himself doubt-
 ed not of it at his death, praying unto
 God to forgive those, that had been the
 cause of it, and to accept of that Sacrifice
 of his life, which he was willing to offer for
 the zeal of God's house, and honour. He
 lay not above a week in the Cloister, and
 as soon as he was dead, all his body, face,
 and head did swell, that the least touch
 upon any part of him caused the skin to
 break, and cast out white matter, which
 had corrupted, and overflown all his body.
 A Gentle-woman, with whom I was well
 acquainted in the City, who was noted to
 be somewhat too familiar with one of the
 Bishop's Pages, was commonly censured to
 have

' have prescribed such a Cup of *Chocolatte*
 ' to be ministred by the Page, which poyson-
 ' ed him, who so rigorously had forbidden
 ' *Chocolatte* to be drunk in the Church. My
 ' self heard this Gentle-woman say of the
 ' Deceased Bishop, that she thought few
 ' grieved for his Death ; and that the Wo-
 ' men had no reason to grieve for him, and
 ' that she judged he being such an Enemy
 ' to *Chocolatte* in the Church, that, which
 ' he had drunk at home in his house, had
 ' not agreed with his Body. And it became
 ' afterwards a Proverb in that Country,
 ' Beware of the *Chocolatte* of Chiapa. Which
 ' made me so cautious, that I would not
 ' drink afterwards in any house, where I had
 ' not very great satisfaction of the whole
 ' Family.

A certain *Spanish Physician* of *Sevil*, who
 made it his peculiar inquiry to search into
 the nature of *Chocolata*, as he doth on eve-
 ry occasion shew himself *extraordinarily*
learned, and to have consulted all the
publick Discourses and *private Manuscripts* a-
 bout it, so he manifests a great regard to
 the Testimony of *Experience*, which he a-
 vows to be so favourable for *Chocolata*, that
 there is not one, who doth drink it, and
 doth not feel himself to be manifestly re-
 freshed, and strengthened, as well as delight-
 ed by it : and that, whereas none hath been
 known to live above seven dayes by drink-
 ing Wine alone, one may live moneths,

J.H.

and

and years, using nothing but *Chocolata*. In
fine, he himself saw a Childe weaned, which
could not be brought by any Artifice to take
any food, and for four moneths space he
was preserved alive by giving him *Choco-*
lata only, mixing now and then some
crumbs of bread therewith. So powerfull a
virtue bath it to nourish, and strengthen. Nor
doth he allow it for food alone, and the
preservation of Life, but medicinally, as a
thing, that is advantageous to health; for
he gives this Character to a preparation of
Chocolata, which is almost the same with
what I made for His Majesty. *Antiquam*
compositionem *Chocolatis* *Indiæ & Hispaniæ*
enarrare, hoc tempore nullius fructus erit;
quoniam illud habuit, ut ad ultimam per-
fectionem deveniret. (i. e.) 'It is not worth
'while to recount the antient wayes of com-
'pounding *Chocolata*; because this proposed
'is arrived at its height, and last degree of
'perfection. *Hæc est omnium potionum preti-*
osior potio: hæc in commodis salutis omnes
superat, illarum nempe, quæ in hodiernam
diem aut voluptas invexit, aut decur-
rentium seculorum series alternata con-
spexit; quia nec in ea, dum in actum potionis
reducitur, nec aliquo simplicium, ante ejus in-
gressum, vitæ defuit necessarium, neque vo-
luptati, quod non valeat illecebrâ appetitum
allicere: sunt enim alia alimento gratissima,
alia Aromaticâ virtute roborantia, alia cordi
auxiliantia, dum Nectar vivificum instaurant,
seu

seu spiritus dissipant malignos, aut naturales robuste mixtionis producant: sunt & omnia vite longius producenda aptissima: quoniam Chocolate ultimâ qualitate, quæ resalut ex fermentatione, ut theriaca, calorem nativum roborat, & promptâ instauratione influentem (ob facilem conversionem) multum & laudabilem sanguinem gignit. Ob substantiæ tenuitatem, & fermentationis efficaciam, indissolubiles & robustos spiritus, immortalis labori & studiorum collimationi aptissimos, facultates præcipuas, & temperamenti mixtione, & Aromaticâ virtute in vigore conservat: moderato calore dum concoquitur, flatus turgentes dissipat, ac penetratione aperienti obstructions aperit, menses provocat, & inter alia ventrem plerisque lenit; & super omnia cibaria vires præsentaneè & promptissimè reficit, quod res aliæ essentiâ potabiles non ita promptè agunt: quo videtur singulari differentia ob aliis differre. 'This is the most 'pretious Drink of Drinks; this excels 'all others in advantages for our health, 'which either Time by a long succession of 'years, or encrease of Luxury and Pleasure 'to this day hath acquainted us with: because neither in the *Chocolata* it self being 'made into a Drink, nor in any In- 'gredient thereof, is there any thing want- 'ing, that is necessary for the Life, or de-

This is to be understood not of the ordinary Spanish *Chocolata*.

ra, against which my Authour protests; but of what is made up, as I prepared that for His Majesty, which varied little from his way.

light of Man, and so to invite him to use
 it. Some things in it are most pleasant nourishment; others strengthen by their Aromaticall virtue; others are Cordial, and revive the vital Balsame, or Nectar, either dissipating evil and burthensome Spirits, or producing new ones of a durable nature.
 In fine, all are transcendently qualified to

* To obtain this then, it must be kept, and fermented; and consequently neither what is made into Cakes, (which will not keep, nor ferment in so small quantities) nor what is made in Powder, and mix'd with Spicery, as it is prepared to drink; nor what is made alone into Paste, and kept, and spiced in the time it is to be used; can be approved of, since the latter wants the benefit of fermenting with the Spicery, and the Paste alone grows effate, and insipid.

prolong life; because Chocolata by a new quality arising to the Composition through fermentation (as happens in Treacle) strengthens the natural heat in each part, and encreaseth that, which continually infuses, and influenceth it, begetting by a speedy and easie transmutation much and good Blood:
 by the tenuity of its parts, and efficacious fermentation, it begets strong and indissipable Spirits, and so enables Men vigorously to prosecute their Studies, and tedious exercises of the Brain, it strengthens and preserves in full vigour the principal faculties in men by the exquisiteness of its temperament, and Aromaticall power; being digested, with its moderate heat it dispells Winde; and by its penetrancy, and opening quality, it removes Obstructions, provoketh the monethly evacuations
 in

' in Women, and, amongst other qualities,
 ' it generally preserves the body * soluble:
 ' and it doth more speedily and readily refresh
 ' and invigorate the bodily strength, then any
 ' other sustenance whatever, no other potable li-
 ' quours [which yet do most quickly nourish]
 ' producing so speedy and sensible an effect:
 ' whereby it seems to be peculiarly differenced
 ' from all other Viands.

* This is to be understood only of such *Chocolata*, as his was, being rich of the *Cacao*, and moderately spiced, & that with milde Spices: yet did he put in a good quantity of *Cinnamon*.

CHAP. VI.

How to make use of the Chocolata by preparing it into Drink.

I Think I have sufficiently (at least according to my present leisure, and the unsuppliable want of my own Library, and Collections) manifested the effects of *Chocolata*: I shall now treat of the way of preparing it into Drink, when any hath occasion to use it. And because that the Composition it self is of the *Indian* discovery, as I have hitherto still directed my inquiries by searching into their Usages and Opinions concerning the several Ingredients, so I shall now begin with a recital of the several ways they use to prepare it into Drink: and for this I have the most accurate account from a *Mr. Gage*, a Chap. 16. (who yet seems to transcribe *Ledesma*) whom I shall therefore transcribe, with

such Animadversions, as may seem pertinent.

The manner of Drinking it is divers. The one (being the way, which is used in Mexico) is to take it hot with Atolle, dissolving a Tablet in hot Water, and then stirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well stirred to a scum, or froth, then to fill the Cup with hot Atolle, and so drink it sup by sup.

This way of preparing it may seem (since it is the way of Mexico) to have been the way, that *Moteczuma* treated *Bernaldus del Castillo* with, when he caused to be brought forth *jarros grandes bechos de buen Cacao, con su espuma*, ' great jarrs made with good Cacao, ' with its froth. It is not to be questioned, but that the pure Cacao-paste, well dissolved in hot water, and long, and violently agitated with a Molinet, will raise a considerable (but not lasting) Froth, not inferiour to what, with less agitation, is seen where Eggs entire, or Yolks alone, are put in :

in : much more perhaps it may froth, if that Pafte had *Pochol* or *Paniso* grains mixed with it ; or, if being well milled before, it were a second time milled upon the commixture of the *Atole* : for the *Maiz* flower would make it froth much; and it is from the commixture of *Maiz*, or *Bean-flower*, (or perhaps some other substitute) that some *Chocolata* doth now froth more then others; though the difference in the milling likewise produce a variety. I have already explicated what *Atole* is, in the beginning, and so shall not repeat it ; but onely add, that, from this way of the *Indians* using it, our Physicians may order it to be drunk with streined Water-gruel, Almond-milk, or *cremore ptisanæ*, or any other mixture they please, that is more, or less nourishing, as they please; ordering the *Chocolata* according to the aforesaid Method : concerning which *Dr. Juanes de Barrios* gives this admonition, *Para hombres y mugeres Sanguineos no se tome con Atole, por que aumenta la sangre; sino con aqua, poco anis, Chile, y acucar, y mingunas especies Aromaticas, ni cosas de olor. Y para los Flegmaticos se haga con todos los Ingredientes, que avemos dicho, o con mas especies de lo ordinario, y se tome mui caliente. Y en los Melancholicos, que se haga sin Chile, poco anis, y con coras de buen olor, y que se tome tibio.*

‘ For men and women of a Sanguine Complexion, it is not to be taken with *Atole*,

' because it multiplyeth Blood in the body;
 ' but with Water, a little Anise-seeds, *Chiles*,
 ' and Sugar, but no Spicery is to be put in,
 ' nor sweet scented things, for such persons.
 ' But, for the Phlegmatick, let it be made
 ' with all the Ingredients used in the *Indies*,
 ' or with a greater quantity of Spices, then
 ' is ordinary, and let it be taken very hot.
 ' And, for the Melancholy persons, see it be
 ' made without *Chiles*, with a few Anise-
 ' seeds, and with Ingredients of a sweet smell,
 ' and taking it luke-warm.

Which Caution may not only direct us as
 to *Atole*, which is not to be made, or used
 in *England*; but illustrates and confirms an
 Animadversion of mine formerly laid down :
viz. that according to the several tempers and
 distempers of persons there ought to be framed
 variety of *Chocolata*; and that to be given
 variously, as the discreet Physician shall
 propose; and this is agreeable (you see) to
 the procedure of the *Indies*.

*Another way of drinking Chocollatte is, that the Chocollatte, being
 dissolved with cold water, and Stirred with the Molinet, and the scum
 taken of, and put into another vessel,
 the remainder be set on the fire, with*

as

as much Sugar, as will sweeten it, and when it is warm, then to poure it on the scum, which was taken of before, and so drink it.

I understand not the reason of this procedure ; unless it be for ornament sake : it looking more pleasantly being thus ordered, then if the water were hot, and milled to a froth with *Chocolata*, and so drunk. It is certain, yet strange, that the *Cacao*-paste, being milled well with cold water, will froth as much, and yield as plentiful a scum, or cream upon setting, as it will do if it were milled in hot water : and I have shewed how that cream is fat, and the water also is fatty (though cold) in which it is milled, but it comes not to that red colour, which the other hath, which is prepared hot. This scum being taken of, and the rest heated, and put to it (pouring it on high) makes it look more pleasantly on the top, then if it were a bare solution of the *Cacao*-paste, (which will dissolve in it, so as not to precipitate any setting almost, whilst it is hot) and the *Cacao*-paste which remains (after the froth is taken of) to be heated dissolves sufficiently in the water by meer heating, without milling.

Besides

Besides these ways, there is another way (which is much used in the Island of Santo Domingo) which is to put the **Chocolatte** into a Pipkin with a little water, and to let it boil well, till it be dissolved, and then to put in sufficient Water, and Sugar, according to the quantity of the **Chocolatte**, and then to boil it again untill there comes an oily scum on it, and then to drink it.

Since the writing here-
of I did try it
in some of my
own *Chocola-
ta*, and it was
very pleasing,
and more
rightly fat
then any o-
ther way;
but I obser-
ved, that the
Spice had a
more vehe-
ment heat,
and taste, then otherwise: which happened either because the boiling added a sharpness to them; or that the compages or body of the Composition was more lax, then otherwise: for not being mill'd, it did not seem so well commix'd, as otherwise.

But

But the most ordinary way is,
 to warm 'the water very hot, and
 then to poure out half the cup-full,
 that y^{ou} mean to drink; and to
 put into it a Tablet, or two, or as
 much, as will thicken reasonably
 the water, and then grind it well
 with a Molinet, and when it is well
 ground, and risen well to a scum, to
 fill up the cup with hot water, and
 so drink it by sups (having sweet-
 ened it with Sugar) and to eat it
 with a little Conserve, or Maple-
 bread, steeped into the Chocollatte.

Of this last way Mr. Gage saith not only,
 that it is the most used, but that certainly
 it doth no harm, and he recommends it to
 the practise of the English: he gives no rea-
 son why the *Chocolata* may not be milled
 with all, but a part of the hot water; nor do
 I apprehend any, except that the vessel, in
 which it is made, may be so little, as that it
 may not be able to contain the whole liquor
 to be milled, and prepared: for it must be
 done in a pretty deep vessel, that it may
 have

have room to dash about the sides, without flying out, or running over, as it is mill'd. Otherwise I think no man will believe, that there can be so equal and due commixture in the *Chocolata-drink*, if one half only be mill'd, and the other half of water poured to it; as if the whole were milled together: and consequently, it cannot be so good.

Wherefore the way now used at *Sevil* seems more rational, whereby it is thus made. The *Chocolata-cake* in a due proportion (that is, in my *Chocolata*, one ounce of *Paste*, two ounces of *Sugar*, and eight of *Water*) is dissolved in *hot water*; it never boiling at the fire after the *Chocolata* is put in; be-

cause (say they) it will by boiling grow ^b *sowrish*, or be so depraved as to subvert the *Stomach*. Then it is well milled, that it may grow frothy, and fatty: then it is powred out into *Xicharas*, or *Cups*, and so drunk hot. They give a special Caution, that after it hath been

once milled, if it cool again, it is not to be heated and mill'd a second time, and so drunk. Because, they say, it corrupts, and sowres: and herein they avouch their Experience, and desire no reason may be urged against it. This Caution, being given con-

concerning the best *Spanish Chokolata*, and which most resembleth mine, I could not omit: and I am sure either it is not true, though we finde a difference in broths, when twice heated) or it must arise from some ingredient (I suppose the *Vaynillas*) and not from the *Cacao*, the *simple paste* whereof I took and mill'd, and kept it several days, and heated it again; and it was neither *sowre*, nor offensive to my Stomach: and I kept it three days longer, and then heated it, milled it, and tasted it, and it varied not its relish, but was *inoffensive*, and free from *sowrishness*. I boiled some of mine, and drunk it *cold*, unmilled, without annoyance: and I know a *Lady*, that with success boiled it twice. Here in *England* we are not content with the plain *Spanish way* of mixing *Chokolata* with water: but they either use milk alone; or *half milk*, and half *conduit-water*; or else thicken the water (if they mix no milk with it) with *one or more eggs* put in entire, or *yolks* only into the water, or where milk is mingled with the water. In which way, as it is sold in the *Chokolata-houses*, there are these inconveniences: if it be done with milk, it is natural for milk, being *hot*, and *standing so*, to cast up a *Scum*; and, if it cool, it creams: so that, if the *Chokolata* be kept after it is milled, and not immediatly drunk, either upon your second milling it you must cast away the *scum* (or *cream*, if it stand *cold*) or mill it

it into the Drink: the former course weakens it, by casting away also the flower, or cream of the *Chocolata*; and the latter renders it unpleasant. And as to the mixture of eggs, if they be put in with the yolks and whites, and suffered to stand, the whites will harden, and disgrace the *Chocolata*; but if only the yolks be put in, and well milled, I have tryed them so, by not only letting the *Chocolata* stand hot before the fire, but even to boil it again, and mill it, and let it again stand for several hours before the fire, and I have not perceived it to vary the taste, or to embody into any thicker consistence then before it had; only I observed, that it did not yield so much cream, (or scarce any) on the top, nor such visible discoveries of fattiness, as it would have done otherwise: and the settling at the bottom (which upon refrigeration seemed as great, as if no egg had been mix'd with it, though the decoction or water were thicker much by reason of the additional yolk) did not carry so much unctuousness, being tasted, as did those other settlings, which I had tryed, without commixing any egg with them, either only once mil-ling, or boiling them also. From whence I leave it to the more mature consideration of others to determine, whether the commixture of an egg be good, since it seems to hinder the dissolution of the *Cacao* into oily or unctuous parts; and whether it may not produce

duce a like effect in the *Stomach*, as it does in the *Pipkin*, (*Concoction* being but a sort of *Elixation*) and so impede the nourishment expected from the *Chocolata*: it being oftentimes as true,

Quæ prodesse queant singula, juncta nocent :

as that other Saying,

Et quæ non profunt singula, juncta juvant.

But these *Experiments* were made with the simple paste of the *Cacao-nut*, and not with compound *Chocolata*.

In *Spain* to *Cholerick* constitutions, and where there is any extraordinary heat, or inflammation of the *Liver*, or *Kidneys*, I find, that there is a more milde and temperate way of *Chocolata*, then is usual, prepared : or else the usual one is diluted with *Endive* or *Scorsonera* water : and where *Phlegm* and *Crudities* abound, there it is prescribed with the water of *Radishes*, *Fennel*, or *Carduus Benedictus*, which (say they, though some in *England* protest against it) vary not the taste, but encrease its virtue. It is given thus by way of *alteration*, as are other *alteratives*, general Medicines being premised; and every sixth day there is either another gentle purge given, or the *Chocolata* is then dissolved in an infusion of *Mechassan*, or the like. In the *Winter* it is drunk
hot

hot (being given to open Obstructions) and in the Spring it is drunk in a more moderate temper: after it they prescribe Exercise for an hour, or half an hour, which must be moderate: and this course is continued thirty, or at least twenty days, or indefinitely till they be well: which they will soon know, the pale recovering their colour, and the short-breathed their wind; the Urine amending its colour, and consistence: and all Symptoms either mitigating, or ceasing. But, if the Obstructions be inveterate, and too difficult to be overcome by this method, then they prescribe every day half a dram of Rhubarb trochiscated to be mix'd with the Chocolata, or of Madder-root, or a dram of Steel prepared. And this is the Spanish practise, and from which Anton. Colmenero de Ledesma varyeth not much; as he, that shall compare him with my Intelligence, will easily see.

There is another way of drinking Chocolate cold, which the Indians use at Feasts, to refresh themselves, as it is made after this manner. The Chocolate (which is made with none, or very few Ingredients) being dissolved in cold water with the Moli-
net,

net, they take off the Scum, or crassie
part, which riseth in great quan-
tity, especially when the Cacao is
older, and more putrefied: the
Scum they lay aside in a little dish
by it self, and then put Sugar into
that part, whence the Scum was ta-
ken, and then poure it from on
high into the Scum, and so drink it
cold. And this Drink is so cold,
that it agreeth not with all Mens
Stomachs: for by Experience it
hath been found, that it doth hurt,
by causing pains in the Stomach;
especially to Women.

I should except against this way, not for the
bare coldness only, (though *c* Piso and Anton. *c* Gul. Piso in
Colmenero de Ledesma agree with Mr. Gage *Mant. Aro-*
in the noxious effects of Chocolata drunk *mar. cap. 18.*
thus cold) but because of its nauseousness:
for I found it to offend my Stomach with
its coldness, more then if it had been pure
water; and the nauseousness was insupport-
able, which did arise from the fat of the
Nut dissolving in the water, and rendring
it

it as odious, as would be fat Mutton-broth drunk cold. The *Spaniards* drink not the simple *Cacão*-paste dissolved in cold water, as do the *Indians* : but as that Nation is inclined to drink *Snow*, *Snow-water*, and *Drinks refrigerated in Snow* (which are more authenticated by custom, and *iodisyncrasie*, then reason) so they refrigerate and freeze their solution of *Chocolata*, richly Aromatised, with *Snow* : and so the Gallants, especially the Ladies, drink it; reputing the *Spice* a

I caused some *Chocolata* of my ordinary sort to be boiled, and some I milled, the other part I did not; and drinking both of them cold, I did not finde any disagreement, but a pleasingness to my taste: yet was that unmilled very fatty.

sufficient corrective of the coldness, and nauseausness of it. I do believe, that it is not this way so nauseaus, as the *Indian* way : but I cannot believe it wholesom, since so cold *Drinks* (before the heat

of the *Spice* be actuated by the Stomach) do often make a fatal and irrecoverable impression upon the Stomach it self, and Lungs, and Heart, and Womb; and is generally (not universally) condemned even as poyson by the *Spanish Physicians*, however that their authority is suspended by a contrary practise received in *Madrid*, and *Sevil*.

“ As to the time of taking it, it is held
 “ (by the *Spaniards*) the most fit time to take
 “ it in the Morning, and Supper being digested, and the Body fresh, and the Stomach empty to receive it; (or else it may
 “ be taken in the morning not upon the
 “ first

" first stirring, and before any repaste, but
 " after the taking of some other sustenance
 " in a moderate quantity: (for then it seems
 " most acceptable to the Stomach, and most
 " necessary for the undergoing the employ-
 " ments of the subsequent day. Besides
 " crude, and indigested, or depraved reliques
 " of the last night's meal are hereby ei-
 " ther ^d reduced under a second concoction
 " for the use of the bo-
 " dy, or outed the Sto-
 " mach for its ease. The
 " *Chocolata* it self also
 " is much more easily
 " concocted, and distri-
 " buted, whilst there is
 " not any thing else in
 " the Stomach to delay,
 " or retard its progress
 " into the Veins, and *va-*
 " *sa chylifera*: its influ-
 " ence is then more sen-
 " sible to dissipate any
 " noxious Vapours.
 " Which Effects are to

" be supposed to follow, if it be taken with
 " moderation; being neither of too thick: a
 " consistence, nor too large a quantity:
 " Some there are, who have taken it usually,
 " instead of Wine [*which is their table-*
 " *drink in Spain*] " at Diner, and Supper:
 " but this hath not been sufficiently expe-
 " rimented, that it may be vulgarly per-
 " mitted;

^d It is an indubitable Truth, that
 after digestion, and descent of the
 Chyle into the gurs, there are still
 some remainders in the Stomach,
 which by long fasting, or particu-
 lar indisposition, do corrupt, and
 grow acid: such, continuing so, are
 not to be wrought on; but, if they
 be diluted by the mixture of warm
Chocolata, Nature will then concoct
 it, as it doth Spirit of *Vitriol*, or
 the like with Julep.

^e If it be too thick, they say, it
 will obstruct: if it be too thin, it
 yields neither delight, nor nourish-
 ment considerable.

"mitted ; since perhaps custom, or individual
 "constitution, or a moderation in Diet,
 (*which helps all errours, but is not vul-*
garly to be presumed on) "may render it
 "only innoxious to them. But it is certain,
 "that it may freely be taken four or five
 "hours after Dinner, Concoction being then
 "finished, and the meat not only dissolved
 "in, but distributed in great part out of the
 "Stomach. And so it will enable them to
 "persist till night, or (*if they eat no sup-*
pers) "the day following. Nor need any
 "fear, that being taken at such a time as
 "four or five a clock, it will prejudice his
 "sleep the night following: for such accidents

f Mr. Gage (Ch. 16.) saith,
 that, when he purposed to sit up
 late to study, he would take a
 cup about seven or eight a clock
 at night, which would keep him
 waking till midnight. I took it
 my self twice at ten a clock at
 night, and I think it did render
 me less sleepy then ordinary ;
 though I am usually one of little
 sleep.

" befall only those, who
 "take it ^f late at night,
 "and not so early, as it is
 "here recommended: or
 "where the *Chocolata* is
 "too hot of Spices, so as
 "that it begets too great
 "an agitation and fervour
 "in the blood ; which may
 "befall any body: or
 "where the body is of so
 "hot and Cholerick a temper, that it can-
 "not bear *Chocolata* moderately spiced,
 "or compounded with milde Spices. But
 "in Phlegmatique Persons, and such as are
 "aged, it is observed, that it causeth them
 "to rest excellently well.

"They further caution us, If we be dry,
 "or

" or in Summer, not to drink *Chocolata* till
 " we have first drunk some cold water,
 [which is instead of Beer to them in *Spain*,
 when they drink not Wine] lest *Chocolata*
 [as it is now compounded with *Spices*, and
Sugar] " should produce, or augment our
 " thirst. And, after we have drunk *Choco-*
 " *lata*, they strictly prohibit all manner of
 " Drink; for, whether Water or Wine be
 " drunk after it, there do frequently ensue
 " very dangerous Diseases, and Symptoms.
 " A very observing *Spanish Physician* as-
 " sures us upon his own knowledg, some have
 " been thereby immediatly seised with a
 " vertiginous indisposition, and
 " giddiness; & others with a *Cho-*
 " *lera*; very many have fallen
 " speechless. It is also prohibited
 " by them as hurtfull in Fevers,
 [because prepared otherwise then
 by the *Indians*] " as augmenting
 " the Disease. So they prohibit it in Fluxes,
 " by reason of its lubricity to encrease the
 " already excessive laxity of the guts: yet
 " they confess it hath sometimes been bene-
 " ficial in Lienteries.

g I have been ascer-
 tained also of these ac-
 cidents by one, who li-
 ved many years in *Por-*
tugal, and made *Choco-*
lata there.

But, in conclusion, my Author tells us,
 that " It is a certain thing, that however
 " these Cautions may seem rational, yet it is
 " not observable, how the drinking of *Cho-*
 " *colata* can be reduced under any certain
 " model of Rules in the taking it; since it
 " is become so universally used [in *Spain*]

" that

“ that it is taken at all hours, and times; it
 “ is the delight of the Masters, the sustenance
 “ of Families, and the grand entertainment
 “ of Friends: *quia jam sine illo vitam nesci-*
 “ *unt*; because they know not how to live
 “ without it.

There is another way of taking it made into *Lozenges*, or shaped into *Almonds*, with Orange-flower water, Amber-grise, Sugar, and the white of an Egg, gum-dragant, and perhaps some other Ingredients. As to the former way of making up *Chocolata* into *Lozenges*, or Cakes, and so eating it, my *Spanish* Author gives it this Character, (which indeed extends to both sorts) *mandendo, aut in buccellis comedere, insuperabiles obstructions creat, seu dum fiunt bellaria cum saccharo, aut in pasta comeditur*: ‘To eat *Chocolata* in Cakes, or otherwise by bits, begets insuperable Obstructions; that is, if you eat it made up into Confects or Sweet-meats with Sugar, or in Paste. I cannot, I must confess, pass so general a sentence on *Chocolata*: I suppose the Opinion of it is to be regulated by the goodness of the *Chocolata* that is eaten; and that I leave to be examined by my precedent Discourse about the variety thereof. That the *Cacao-nut* is nourishing, there is no doubt of it; that the *simple paste* may innocently be eaten, I think too: but that *Chocolata* made up with so great a proportion of Sugar, and with such Spices, Oils, and Essences, as are used (all, or
 some

some of them) in the *Chocolata* designed for that use, I believe no *Physician* will promiscuously, and without distinction of Persons, allow it, but who hath another Opinion of *Sugar*, and *Spicery* (except what I have recommended) and *Chymical Oils*, and *Essences*, then I have in this case, or many other. It is true, *Hippocrates* saith, *It is easier to be nourished with Drinks, then solid meat*; and that *They, who have need to be quickly refreshed, must be dieted with Drinks, or potable liquours*: but these two Sayings make not for the giving of *Chocolata* in *Paste*, or *Confects*, no more then his recommending in sundry cases *Ptisanes* of *Barley* doth encourage us to give to weak *Stomachs* *barley bread*: or, because *Almond-milk* is good, therefore to recommend the *Maccaroni* of *Italy* so condemned by *h Fienus*. Should I say *h Fienus* Do never so much for the one or other way, *flat.* and evince them to be better, then any preparations of *Almonds*, and *Pistachias*; as I believe them to be: yet would they still be *Sweet-meats*, and consequently more used, then approved. And the *Obstruiveness* of them, how inveterate and obstinate soever, I must say this in favour of the *Cacao*, above *Almond* and *Pistachia-sweet-meats*; that I cannot take any *Sugar'd Drinks*, or *Sweet-meats* without a sensible disorder of my blood; but I never found, that *Chocolata*, though drunk with a double proportion of *Sugar*, besides what is in the *Paste*, or *Cake*, did ever offend me; but refresh and comfort me very much: nor did the *Chocolata-Cake* eaten ever offend me, though I never found it to strengthen, or satisfy much, no nor the *Nuts* when eaten dry; which is a strange effect, yet perceivable to any that drink, and eat it, or the *Nuts*.

arises not from any particular badness of the *Cacao-nut*, but from the general unwholesomeness of all *Confects*, and *Sweet-meats*. And this I shall not now make out by *Arguments*, (though it might easily be done) but by the instance given by Dr. Hart in his *Diet of the diseased* (lib. 1. cap. 22) and it is as follows. I remember, living in Paris 1607, a young Clerk, living with a Lawyer in the City, procured a false key for the Closet, where his *Mistresses Sweet-meats* lay: and for many days together continued thus to feast with her *Sweet-meats*, and loaf-sugar (whereof there was no small store) untill at length he became so pale in Colour, lean in Body, and withall so feeble, that he was scarce able to stand on his legs; insomuch that the skilfullest Physicians of the City, with the best means they could use, had much ado to restore him to his former health again. A little time will shew whether the use of these new Cakes will be as prejudicial to health, and productive of *Consumptions*, and other weaknesses of the back, or *Hypochondria*, in our *English Women*; as the rest of *Sweet-meats* have been: for it is the general opinion, that the multitude of *Sweet-meats* used by our Ladies is the occasion of our aforesaid Diseases so much increasing. I shall not now enquire into the verity of the Opinion: for there are instances of Countries, in which *Sweet-meats* are much more used then here amongst us, and yet they are not so molested, as we, with those Distempers.

temper. I say then, that the *ill effects* of *Sweet-meats* do but accidentally follow upon their use, and therefore we ought to examine those circumstances, that occasion this variety of effects: which I have not leisure to do, nor that opportunity, which I expect amidst the *Sugar-works* of the *West Indies*.

CHAP. VI.

The Author's judgment concerning Chocolate summarily delivered, as to its effects, and the ways of using it.

IT were easie to evidence the excellency of *warm Drinks* above those, that are taken *cold*, if I had leisure: for certainly, if the use of *Drink* be to *allay thirst*, to *moisten the body*, and to *distribute or help the digestion of the food we take*; it is not to be doubted, but *hot Drinks* perform all this better then *cold*: and for the evincing of this to each point, both Reason and Experience might be alledged. For the practise of the *antient Romans* favours much *hot Drinks*; as every man knows; and the *modern tryals* of *Campanella*, and ^a *Gassendus*, as well as *Antonius Persius*, doth manifest, that all the *aforesaid ends* may be attained

^a *Gassendus*
Phys. Sect. 3:
l 5. c. 1. Si ha-
beat ratio

valetudinis, docet experientia quàm saepe gelida potus noceat, quàm nunquam potus calefactus.

by

by warm or *hot Drinks*: and particularly, as to the *quenching of thirst*, it is undeniable, that *hot Drink* not only *quencherb* it at present, but *prevents its return*, better then *cold*; and yields as much *delight*, maugre the assertion of *Pliny*, that *all Animals desire cold Drink*: and that *musty Definition of Aristotelian Philosophy*, that *Sitis est appetitus frigidi & humidus*: *Thirst is a desire of cold and moisture*; which is notoriously false, disproved by the Arguments and trial of *Gassendus*, as well as others. Yea *Drinks*, that are taken *hot*, surpass themselves in their effects, compared to what they do when taken *cold*. Thus *hot water* drunk daily before *Dinner* cures the *Stone*, and *Gravel* in the *Reins*, as *Zecchius* affirms, and ^b *Trallianus*: and the benefit others have found by it doth manifest. *Wine* drunk *hot* doth much more corroborate a weak *Stomach*, then when drunk *cold*; as ^c *Costeus* avows, and hath been tryed by several in *Consumptions*, to my knowledg. I shall not speak concerning the *Decoctions of China-root, Sarfa-Parilla, and Guajacum*, of which the same Assertion may be made. I have not leisure to insist hereon, nor the conveniency of my *Library* to aid my memory with citations at present. I suppose then, that, in general, *Chocolata* is rather advantaged, then prejudiced, by being an *hot Drink*.

It is of an *unquestionable nourishment*: for, as it is the chief sustenance of the *Spanish Indies*,

^b *Trallian. l. 9. c. 4, 5.*

^c *Costeus De puot in merb. lib. 1. cap. 52.*

Indies, this cannot be colourably denied : and though Pope *Urban the Eighth* did declare it in discourse, and by a solemn Bull, that it was meerly a Drink, and so consistent with the Fasts of the Church; yet few believe him infallible therein, who understand the Drink : and the *Carmelite-Friers*, by way of Mortification, have a Statute amongst them in the *Indies*, that they will drink no *Chocolata*. You will not finde Mr. *Gage* to take a journey, but he makes it an important care to provide *Chocolata* : nor is he singular therein; but follows the general example of the *Spaniards*. Whether he is treated publicly by Towns, or privately by particular Persons, his entertainment and refection is *Chocolata* ; agreeable to what *Acosta* says,^d It is a Drink very much esteemed among the Indians, wherewith they feast Noble-men, as they pass thorough their Country. The *Spaniards*, both Men, and Women, that are accustomed to the Country, are very greedy of it. The Nut is one of the richest commodities of the *West-Indies* : and however some disallow the use of it raw, or roasted, others do repute it less obstructive, and more wholsom then they judge it to be. The Nut is of an exceeding fatty substance, being viewed in a Microscope : in a *Jamaicanut* I could observe large and spreading Veins or streaks of white fat, which I suppose to make the fat, which appears upon digesting, or boiling it without mulling it.

Examining

^d Lib. 4. cap. 22.

^e *Acosta* lib. 4. cap. 22. *Gage* chap. 16. *Benzen.* lib. 2.

Examining the *Caraca-nut* by a *Microscope* I could observe nothing of *fatty veins*, or *streaks*; yet is not that *Nut* leaner, then the other: I know not whether I ought to call it *oil*, or *fat*; and for either appellation I may be questioned: but, give it what name you please, I dare avow, that one ounce of *Cacao-paste* well *digested* will yield more *fat*, then a pound of *fat Beef*, or *Mutton*, even when *stewed*. Besides the *fat*, which never so separates from the other parts, as to lose totally its bitterness, whereby it is preserved agreeable, and not *nauseous* to the *Stomach*, there is a red part, which principally contains the bitter parts: it hath been generally reputed as an *earthy* and *obstructive* thing; but, without doubt, it is as necessary, as any part of the *Nut*, and as little to be rejected: for it is that part, which fortifies the *Stomach*, and enables it to bear the *oilyness* or *fattishness* of the rest of the *Chocolata-potion*: it preserves the taste in its vigour, and the appetite, which would otherwise be dulled by the fatty portion: and as it helps digestion in the *Stomach*; so in the *Guts*, it promotes *Concoction* there; and corroborates them: all which is not to be denied to parts of that relish, as we experiment daily in herbs of a *bitterish* taste: nor need we to fear its *costiveness*; for, as none ever experimented such an inconvenience by taking good *Chocolata*, so I think it impossible, it should bind; since it is *fer-*
mentation

mentation, that we owe each stool to; and
 it is impossible what promotes that in the
 Guts, can ever create a prejudice by too
 great an *adstringency*. It is strange, that all
 Ages and Countries finde it to agree with
 them, and the effects of it are such every
 where, that it alone may seem to supply all
food and *Physick*. I have heard and read
 Discourses of *Panaceas*, and *Universal Me-*
dicines: and truly I think *Chocolata* may
 as justly at least pretend to that Title, as a-
 ny. For indubitably *Health* is nothing else
 but an *ability to discharge the several ends*, to
which Nature hath designed us: and this de-
 pends upon the preserving each *individual*
person in the *individual constitution*, which
 Nature hath given him. For howbeit, that
 we propose to our selves the *Idea* (conform-
 able to what *Polycletus* did in another case)
 of a man *exactly tempered*; yet it is not the
 intent of a *Physician* to reduce every Patient
 thereunto: to the *Cholerick* it is his *na-*
ture, not disease to be so; and so for the
 other *complexions*: and to subvert the *par-*
ticular temperament, is to *destroy*, not to *cure*:
 and the attempt will not succeed. To pre-
 serve a Man herein, it is necessary, that his
 food be such, as digests well, begets good
 Blood and Spirits: and that this *Blood* (in
 which according to the *Scripture* is the
life of Animals) be depurated so by the se-
 veral *emuntories*, as that it may qualifie the
 party to exercise those acts, the perform-
 ance

ance whereof is an evidence of life; and the well-performance of them, *Health*. It is natural for the *Blood* to purge it self by several ways; and, if that be done, all the *Operations* of *Life*, and the intermissions of any of them, will be according to *Nature*. To imagine, that this can be performed by *Medicines*, is an impertinent folly: the *Blood* is more naturally purg'd by transpiration, and sweat; by urine, and siege duely discharg'd; by spittle, and snout; then by any *Purges*, or *Vomits*, or *Electuaries*, or *Phebotomy*. It is not to be done much less by one *Medicine*; for though such an *Arcanum* were in being, as would depurate the *Blood*, and revive the decayed ferments of *Nature*: yet would it require other circumstances to effect this; as a moderation of *Diet*, and the six things non-natural, &c. without which it can do no more on the blood, then the mixture of barm doth to wort; it may be ready to produce a fermentation, but it will not open a bung-hole, or create vents for the *Drink*. Frequent *Phebotomy* hastens old Age, besides other inconveniences: frequent *Purges* are much worse; for it is usual with *Nature*, when taught one course to pursue that to the discontinuing of other evacuations: so that, to teach *Nature* to disburthen her self into the *Guts*, and *Stomach*, (neither of which are designed for Vehicles or receptacles of Excrements remaining after digestion, or cast in there by *Nature*, but for a

continued

continued Concoction, prosecuted by Nature from first to last) is to teach her to omit her other *evacuations*, which are as necessary as going to stool, and (which is more) to accustom her to disburthen her ill Humours into those parts, the *right Tone* whereof is that, whereon principally *Health* depends.

Let us consider, how our *Palat* and *Taste* is disorder'd by the *defluxion* or *redundancy* of an *insipid Salt*, or sharp and *Vitrioline Humour*: let us examine the like *inconveniences*, when they befall the *Stomach*, and by this *Analogy conjecture* at the effects, which arise in the *Guts* upon the like accidents. And can we think it *prudence* to use Nature to discharge it self into that *Chanel*, so often as we do? View the *World*, and you will see, that not one of those, that constantly take *purging* and *opening Diet-drinks*; that deal so much in *Pills of Scammony*, and other such like *Purges*; not one of them, but is more or less *Hypochondriacal*; whereas those *Country-people*, which *sweat*, and *labour*, enjoy an *undisturbed health*, *strength*, and *fresh colour*.

To apply all this, since the nature of *Health* is such, as I have described it to be; and that it depends upon such means, as I have specified; it is undeniable, that there is not any thing hitherto extant in *Physick*, that may compare with *Chocolata*, which is not only *mony* in the *Indies*, but food, and *Medicine* too every where. It yields
good

good nourishment, with this advantage, (wherein it surpasses all *Wines*, and *Cordial Spirits*) that its nourishment is not only quick, but less dissipable then theirs. It begetteth such Blood, as fitly depurates it self by *Stool*, *Urine*, *Spittle*, and *Sweat*; as I have observed in my self: and consequently there cannot be any thing more apt to preserve *Health*, and *vigour of Spirit*. I must profess it to be the Assertion of the *Indian Writers*, that it opens *Obstructions*, provokes *Urine*, and *Sweat*. I dispute not its temperament, be it *hot*, or *cold*, or *impe-*
vestigable: but I shall tell my own Experiments, consonant to the *Indian Discourses*. I never could finde any such effects, when I took it mix'd with *eggs*, or *milk*: and indeed I like not much *either of those ways*, since the *Nut* there seems to differ much from it self, when prepared alone; as I observed in the dressing of it with the *Yolk*; and the same I have observed with the *white*, when commix'd the ordinary way; though I must needs say, that I have so put in, and mill'd the whole egg, that the *whites* have never curdled, though it hath been heated twice. But, to pursue my inquiry into the truth of the *Indian* assertion, I prepared it the *Indian* and *Spanish* way, and walking upon it, I felt my self to be seised with a gentle sweat, or moisture, and moderately to purge by *Urine*, and to *expectorate*: and this I finde constantly to befall me, if I take it
 so:

so : and it less offends the Stomach, and refreshes more, then any other way. Having been lately at a Fish-diner, I found my self not well after it ; *Coffee* gave me no ease : but rather encreased the Distemper ; till I forced my self to vomit several times : having done so, I went to bed (it being night) and drunk a large draught of hot *Chocolata*, prepared the *Indian* and *Spanish* way, and I suddenly fell into a sleep, and sweat : and so continued all night-long, and found my self perfectly well in the Morning. This effect seemed more strange, because many think *Chocolata* to oppose sleep, but I found my repose then very luddain, and lengthened at least three hours beyond what I usually take. Since that, I have sundry times taken it that way, going to bed, and I have found it no way to prevent sleep : nay, I never sleep better, then when I take it : and therefore I am ready to give this Reason for Mr. Gage's taking it, as often as he was to sit up ; not to keep him awake, but to preserve his Spirits, which in the *Indies* need a frequent supply of food. Or it may be said, Since sleepiness, and natural sleep are two things, that *Chocolata* may allay splenetique fumes, and drowsiness, and yet promote natural sleep.

And as *Chocolata* provokes other Evacu-
ations thorough the several Emunctories of
the body, so it doth that of Seed, and be-
comes provocative to lust upon no other ac-
count,

count, then that it begets good Blood; that nourisheth much, and, as it nourishes, separates the already inexistēt superfluities; or varies, and degenerates into new Excrements, which are to be discharged out of the body by their several passages, one whereof are the *Spermatick vessels*. If I do call the *Seed* an excrement, I am sure I have *Aristotle's* authority for it: which will make it the less a *Paradox* to the vulgar; whilst others^f concur with me herein, who by Excrement understand nothing, but *quod Natura excernere decreverat*, what Nature intended to excern: and that the *Seed* is such a thing, is undeniable, I think. The use of *Venery* is as natural, as for a Man to blow his nose: though not so lawfull every way; since even simple Fornication is prohibited the *Gentiles* with as strict necessity, as the eating of blood, and things strangled: And however after-times have absolved themselves from the necessity, which prohibited the latter, by eating strangled Rabbits, and black-Puddings: yet have few or no *Divinus* attempted the former, or alleviated it: howbeit that ***

fVide Prosper.
Alpin. Medic.
method. lib.
11. cap. 13.

g Añ. 15. 29.

h Perron. De vict. Rom. lib. 5. cap. 1. h And it is an unquestionable Experiment, that moderate *Venery* eases the Chest, revives the Brain, impinguates the Body, and cures or contributes much to the cure of many Diseases in both Sexes: it is admirably effectual in hot Distempers, and mad-
ness

Prosper. Alpin. Med. meth. lib. 3. cap. 6.

ness of the Brain in young unmarried folks; as I have seen, both in *Maniacks*, and *Melancholicks*, whose Cure hath been more facilitated hereby, if not totally effected, then by repeated *Phlebotomy*, and extenuating Diet, and *Potions*, or *Electuaries*. Yea, I have known a *Chronical Tertian* break in the *Spring* by a *Critical solution* of this nature: which, however it may seem incredible, is I am sure true; nor had the Party ever before experimented those pollutions; but he did instantly recover, and was so far from being debilitated with a large *Critical eruption*, that he was beyond belief at that very time refreshed, and strengthened in his Spirits. I shall not insist upon the benefit Women receive thereby: though I could recite an infinity of Cases out of the *Physicians* for *Nunneries*, that might be considerable herein; their *Hysterical fits*, *Hypochondriacal-melancholy*, *Love-melancholy*, *Atrophy*, their *Spermatical Fevers* (related by *Sinibaldus* in his *Geneanthropia*) are instances of the necessity hereof: and then the great prudence of *Moses*, who, if he severely prohibited, that there should be no *Whore* amongst the *Daughters of Israel*, he took great care for their timely marriage. As for Men, I have known many, who, being absent from their Wives but a few days, would be troubled with a *smelling of the Testicles*, or an unusual paleness, and stupidity of Brain seising on them, who would

finde a constant and infallible Cure again in the embraces of their Wives. Nor is this passage designed by Nature alone for the *evacuation of the Seed* : I have shewed how a *Chronical Tertian* critically did break that way; and many other eruptions happen that way, then are *Seminal*. I mention not the *virulent Gonorrhæa*; but intend other *Pollutions*, and *Ejections*, which are recorded in the books of the *Roman Casuists*, especially *Gerson de pollutione nocturna*. And, if I be thought immodest in this Discourse, I am sure the *Chancellour of Paris* is never named (no not by *Protestants*) but with honour, notwithstanding what he hath writ; and there are Passages in the Bible, that retrench, as much upon Civility, as any thing, that hath fallen from my pen: and I treat of nothing, but what is as much included within my Profession, as within the Subject of *Casuists*; and why should I be more blamed? Is it not one of the ends of Marriage to prevent burning? yea, is not this the principal Argument insisted on by the *Protestants* in the behalf of a married Clergy? ****

Let us then take it for a certain Position, that *What yields the best Blood, and promotes all naturall expurgations, is the best of Food, and Physick*. And that *Chocolata* is such, appears by what I have already said. I cannot allow it to be Provocative upon any other

other account: (if it be prepared without any lust-full Ingredients) and it hath this advantage above the most *substantial Butcher's meat* (the taking whereof with cheerfulness, and manly exercises, is the best *Venerat* preparation) that it allays, with its milde and vegetable Oiliness, the sharpness of the Blood, and Nervous-Liquour, which the *animal Sulphureousness* of the other does not. There can be no Universal Prescript for the promoting *seminal Excretions*: yet, since it is a part of *Physical Institutions*, and treated on by every *English'd Institutionist*, I shall enlarge thereon, for the benefit of the married: which is a justification always sufficient for these kind of Discourses.

I take it for granted, that there is a particular ferment implanted in the *Testicles*, and *Seminal parts adjacent*, whose Nature it is, after that it hath lain digesting, and maturing for so many years (*viz.* twelve in *Females*, and fourteen in *Males*; more, or less, according to the *individual temperament*) then to exert it self, and to vigo-rate the Blood, so as the whole body, as well as voice, suffers a great change: the *Aspect* becomes *more lively*, and *cheerfull*, their *Wits* more *ripe*, their *Carriage* more *debonair*, their *Nerves* more *agile*: in fine, I may here accommodate, as to the age beginning to be qualified for thoughts of Love, what the *Comedian* said concerning Love is *Self*,

Adeone ex amore quenquam immutaver,
Ut non cognosces eandem esse?

This *Seminal ferment* in it's first operations doth only impregnate the *Blood*, and *nervous liquor*, circulating, and passing through those places, in which it resides, with a new and unspeakable vigour, and sprightliness, without occasioning any excretion, or *seminal congestion* in the *Testicles*, or *prostate*, but inclining to erect: for the operation of each ferment hath it's time, and requires a determinate Subject to operate on. Thus *Lads* have *Venerreal proflusions* yet without emission; because the *Seminal ferment* doth enliven their *Blood*, without any separating of seed thence: for the *Blood*, and proportionably the *Liquor of the Nerves*, is not of the same nature in *Striplings*, as it is in men of fuller growth; there being in the former a great deal of *Phlegm* with a small quantity of *Spirit*, and *volatil Salt*, whereas the latter is of a much different nature: and consequently, the effects of the *Ferment* are not so powerfull in the former, as in the latter.

From this Consideration it is easie to finde out a reason, why *Striplings* are longer before they eject, then others, and yield not so much pleasure to the *Female* they embrace. Their *Seed* being without doubt clogged with *Phlegm*, which doth more
 Slowly

slowly issue out, and, for want of *Salt*, and *Spirit*, doth not so affect the Womb, that receives it, as doth that of a grown man: and this is the reason, that *one man differs from another* in the pleasure arising from his embraces: and a Woman, accustomed to the Society of one Husband, may either not love him, or prefer another, with more excuse, then the vulgar allow, or apprehend: there being a very great resemblance betwixt the *Womb*, and the *Stomach*, and as great a possibility, that the one is capable of loathing some — as well as the other may do some *Meats*: and of this, as to the variety and difference betwixt *Woman* and *Woman*, or betwixt the same *Woman* at one time, and at another, I have been assured by Men of great Experience, as also by sundry eminent Writers, as *Ulmus*, *Campanella*, and *Sinibaldus*: and *Martial* many times insinuates it.

Whilst it is not natural for this *Seminal ferment* to act, so long the Blood needs no such evacuation; and the attempts of it are prejudicial to the *Health*, untimely *Vener*y hastening *old age*: but, when the Blood and Nervous Liquor becomes *acrimonious* thorough the abundance of *Spirit*, and *Salt*, and that it is impregnated by the *Seminal ferment*, as water passing thorough *Minerals*: then it is natural for it to depurate it self by a separation of Seed in and about the *Testicles*: and that, being separated there, is not

reimbibed into the Vessels again usually ; (for in some Cases I believe it to be) but it will force its way out in nocturnal pollutions, or create perpetual inclinations to lust ; or, in part remixing with the Blood, after it hath been long extravasated, it begets redness and Pimples in the face, acrimony of Blood, Sputations, Oppressions of the Chest, Palpitations of the Heart, surliness of Humour, disturbed Sleeps, Head-aches, a peculiar Distemper in the Brain, as (together with its Cure) is more evident to sense, then to be expressed by language.

i Vide Prof-
per. Alpin.
lib. 3. Med.
Method. cap. 6.

This is the nature of Man, who in Paradise was to encrease, and multiply ; and by the fall his Nature was debilitated, not lost.

In his book^k concerning the City of God it is avowed by St. Austin, that Adam in Paradise, before the fall, could have erected at pleasure, and that the motions of the flesh were so perfectly subordinate to his will, that he could as easily have moved his — as put in at the his hand ; a constant vigour and immortality of spirits attending him, and being entailed on him, whilst he continued in that condition : but, since the fall of Adam, those amorous inclinations are less constant to men, and depend upon other circumstances, then the dictates of his Will. The effects of Grace bestowed on Adam are endeavour'd to be supplied (where youth, or Nature fails ; the efforts whereof are infinitely short of the pleasures of Paradise) by Salt,

or

or *Spiced meats, Cullises, and Jellies*. But neither *Anchoves, or Bononia-sausages*; no Preparations of *Cock or Lamb-stones, or Diasatyron* equal that *primitive condition*: nor do the Fruits in *Jamaica* call'd *Cushu* equal the feeding of the *tree of Life*, as to this point. Some are provocative only by producing a strong and *well-digested nourishment*. Thus solid and substantial Butcher's meat, and the like, are the only lustfull sustenance to a good constitution, and strong body, inured to vigorous Exercises: for the performances of the *bed* are not created therein. *Ease* and *soft-lying* do but effeminate the body, and they become unable to concoct strong meats: and the Seed becomes worse-digested, and, as I may call it, worse-relished for the *Gusta* of the *Womb*; the erection is less vigorous, and the *spirituascency* of the seed little; and the *ejaculation* too sudden, weak and impropportionate to the *ardours, and desires, and expectation* too of the *Female Paramour*. The *Nourishment*, that ariseth from substantial meats, and of full growth, is less dissippable, and more impregnated with *animal Salt*, then the young, tender flesh, or liquid sups: they require and preserve a strong Stomach; which lighter meats

I hope the *Presbyterians* will consider this, and no longer condemn the *Chocolata drinkers* for *Luxury*, and *Venerreal inclinations*: since it seems manifest, that there is no *Venerreal projects* like to your constant Diet: viz. a *Candle* in a morning, *milde*, but *heavy*: a dinner of *solid meats*, a good *Sack-possie* with *Eggs & milde Spice*, at night; and all day a moderation in *drink, and exercise*.

do

do not : and *exercise* depurates the Blood, separating out the *several excrements* by *distinct emunctories*, whereby the Blood is better concocted, and capable to yield a more *vigorous Seed*, and to bear its ejection more easily, then otherwise it would. The *Nerves* and *Muscles* are more *tense* and *strong*, the *Pulse* is more full and strong after waking, then in the sleep : and every Man experiments the truth hereof in himself. To a good Constitution if you give *Wine*, *Spiced-drinks*, or other *Delicacies*, or *Luxurious provocations*, you destroy his Stomach, and debilitate him. These Incentives are only for the *Pblegmatick*. The others (especially the *more hot*) are more provoked by cooling things, and what fixes rather, then heightens the *Spirits*. Thus *Rachel* purchase *Mandrakes* for *Jacob*. Thus the *amorous* and *Martial Turk* drinks *Opium*, and *Skirbet*, to continue his *lust*, as well as *strength* : and however the generality prefer the yolks of *Eggs*, the most observing *Petronius*, and others, who have tryed it,

bid me say, there is not any thing in *Art*, that equals the *white of an Egg* mix'd with some

19. De ovis,

lib. 5. cap. 16. Qui etiam ad sobolem procreandam majore irritamento, plurique semine indigent, hos & efficacius & suavius concubituos, si prius, quam uxorem ineant, ferculum ex lacte ovorum, quæ tremula nuncupantur, cum pane recenti, quemadmodum lac ipsum comeditur, triduum quatrimumve manè & vespere ante cibum assumpserint. Neque in hoc casu prasidium aliud ullum huic par esse, siue pipiones cum vino rubro, cum Aromatibus, siue Diasatyron in medium adduxeris.

temperate

temperate Cordial emulsion, or beaten with Rose-water, and mix'd cautelously (to prevent Curdling) with some streined water-gruel, or the like, and sweetened with Sugar. And being prepared this last way (or with Rose-mary-Possiet-drink) it is an excellent thing for any Cold, or for a weary Travel-ler, causing him to rest well, and relieving his strength, so as to diminish, or take away all wearisomness occasion'd by hard travail. Others will be the more inclined to this Opinion not by tryal, but common reason: it being the White, out of which the Chick is shaped; the Yolk being entire, when the Chick is almost ready to hatch. It is an albugineous substance, out of which we are created, and fed in the Womb: and the Seed ejected hath a more then ordinary resemblance, in its colour, consistence, and spirituasency, to the white of an Egg. Besides, it is the white of an Egg, which makes the bread, cakes, &c. to be light; your Yolks commix'd make them heavy: the one allays all acrimony of Humours; the other encreases Choler, and augments the evil Humours in the Stomach by being easily depraved. In sum, I think it can hardly be imagined, that the Yolks of Eggs be good food; since the taste of them upon the Stomach, after the eating of other meat, is a sign of ill-digestion. And indeed the taking of the aforesaid Preparation of Whites of Eggs is never more necessary, then after those

those *amorous conflicts*; when the *Nerves* and *Blood* are weakened by the late *effusion*, and the vigorous performance of those *Venerable Exercises*, in which the whole body suffers a very great agitation, and the *Sinews* a *tension* answerable to the stretching of a *chord*; the whole *Blood* boils, and the *Brain* labours proportionable to the passion of the *Inamorato*: who, if he be not of too *hot a Complexion*, exchangeth those transports, and pleasing languours, which conclude these *dalliances*, for a delightful slumber; but, if he be of a more *Cholerick*, or *hot constitution*, the disorders of his *Blood* survive his delights, and diminish them much by rendring him *Melancholy*, or *peevish*, and either immediatly, or not long after creating him an *head-ack*, which is not allayed but by the *next night's repose*. To prevent this, our *wise fore-fathers* in *England* made it a custom each *Wedding-night* to provide a *Sack-posset* with *Eggs* for the *Bride-groom* to eat of, going to bed; and also to stand by him *all night*, that he might eat of it, as often as he pleased, to recruit his *Spirits*. I should recommend the like practise (either mixing his *whites of Eggs* with *gruel*, or *Sack*, or *Sack-posset-drink*; and omitting, or lessening the *yolks*) to every *Lover*, as often as he is engaged, taking of it immediatly after he hath ended his sport: whereby he will (provided it be not too *thick*) prevent the inconveniences of the

past conflict, and be enabled for another. As for *Chocolata*, how effectual it may be herein, I understand not by experience: but, since the most *amorous Nations* in the World drink it, it is very possible, it may conduce thereunto much. If it be the design of *Physick* to preserve Nature, and free her from superfluous collections of *Humours*; and nothing doth that better than *Chocolata*, as far as *Venerie* is but the Collection and rejection of a superfluous gathered in, and about the *Testicles*: with-

out doubt *Physicians* cannot decline to recommend it. It cheers the *Spirits*, begets good Blood, and opens all the *Emunctories* of the body, and passages, by which Nature designs the ejection of some particular *Humour*. And this is to be understood of the *Cacao-paste*, and *milde Compositions* of *Chocolata*, in which there is nothing, that doth beget a particular fusion in the Blood, and a titillation inclining a man to *Venerie* beyond the natural disposition of the Person.

What I have hitherto spoken had no further intent, then the support of that Nature, which

I cannot rely upon my own experience in any part of these *amorous Discourses*, and *Observations*; but I owe it all to the acquaintance I have had with Persons, the vigour of whose *Spirits*, as it made them learned and eminent *Philosophers*, so it did incline them to render to love. It being observed by the *Marquess Malvezzi*, that Men of great parts are not chaste by Nature, but Grace or Prudence makes them so. But, as to the taking of the white of an Egg in gruel at night, I have for some years scarce used any other Supper: and I finde it to refresh my *Spirits*, which are taken up with perpetual contemplations; and to allay all ardours of the Blood, and vapours, whose acrimony might disturb my rest, and to remove all weariness occasion'd by study, or travail.

[141]
which God gave us, and which, as I have
shewed out of St. *Austin*, hath been much
impaired by the fall. I know many will be
apt to censure this Discourse, as tending to
sensuality, and the upholding carnal lusts and
desires: but I suppose the more prudent
will acquit me from any such imputation;
since that is not the use, but abuse of *Chocola-
ta*, and is common to it with all other
meats of good nourishment: against which I
do not hear them so to declaim, as to in-
terdict them totally. I am not ignorant, that
there is a Doctrine of Mortification, and
that we ought to suppress carnal lusts: but I
am to learn, that this is to be understood
literally; and that we must geld our selves
like *Origen*, or chastise our selves with the
Papists, and not understand all those Do-
ctrines spiritually, and like good Protestants,
defying the exercises falsely called Spiritual
by the Popish Friars, and Jesuits, who pra-
ctise this literal Mortification: whilest we i-
magine that carnality may be subdued by
other means, captivating the Understanding
into the obedience of Faith, and subduing our
wills, not breaking our backs; and denying
our lusts, whilst we preserve a Nature and
temperament given us by God. I expect the
greatest censure from those, who disclaim
Fasting-days, and *Ember-weeks*; who keep
Lent with Capon, Sack and roast Beef;
which is their Luxury: and what they con-
demn in others is but a different and less so-

lud Luxury, then what they pursue.

I am not any way disposed to instruct Men in evil, and would not seem to encourage them therein: and, to evidence this, I shall now speak concerning the more compound *Chocolatas*, which are made, or used on purpose to augment *Venerous inclinations*. The things usually designed to *exstimate Nature to excessive Vener* are very hot, and *Aromatic*, and which also carry with them an *acrimony*, or *saltness*, wherewith they continually excite *Nature*; which being incessantly provoked thereby casts out whatever is next, whether it be *well* or *ill-cooked Seed*, or *Pblegm*, or *Blood* impregnated with a *saliness*. It is not *heat alone* in meats, that doth it: for the effect of *Cloves*, *Cinnamon*, and *Nutmegs*, or *Mace* is not equivalent to that of *Pepper*, or *Salt*, and *Salt-meats*. These last operate by introducing a momentary or lasting *saltness*, or *acrimony* in the *Blood*, which, as it circulates thorough each part, makes *different impressions*, according to the *different Nature*, or *indisposition* of the part. And, if any disease introduce any *acrimony* or *Saltness* into the *Blood*, the same Persons will be much inclined to *Vener*, thus those, who have the *Itch*, and *Leprosie*, as also the *Melancholick* Persons are exceeding *amorous*; however the last bear those *evacuations* very ill; and the lying long, and on soft beds, and living idly, doth render Men *lascivious*; but these are not

not natural, but *morbid inclinations*, and therefore are neither executed with that *activity*, nor hath their *seed* that relish, or *gusto* in the Womb of the *Feminine consort*, that attends *vigorous and active Men*. For *ease and idleness* retard *transpiration*: and those *Humours*, which should issue out according to the several intents, and *passages of Nature*, being retained, or resumed into the Blood again, introduce an *acrimony* into it, whereby Nature is extimulated to an *ineffectual Vener*y. Thus, after long *Agues*, or the recovery out of *Chronical Diseases*, a *salacity* possesses the Patient, which as it ariseth from no other cause, then I have already specified; so it is prejudicial to the Person he embraceth, for hereby Diseases are transplanted ostentings, as the *Pocks*, and *Consumptions*; or new ones introduced, of which the poor woman is not apprehensive, being ignorant of this cause lying in the constitution of the seed of her Husband newly recovered, or newly having fill'd his Veins with *acrimony*, or *saline humour*, occasioned by some late entertainment. And when I consider seriously the *multiplicity of Distempers*, which affect our *English Ladies*, so as that such as were very *healthy Virgins*, become very *sickly and infirm Wives*, and some recover again as soon as they are *Widows*, I cannot but think that many of their *Diseases* may arise from the seed, which their *Husbands inject*, and are fomented so thereby, that

that all *Physick* becomes unsuccesfull, because they do not totally refrain each other's Bed. I am very confident of this Opinion of mine, that it is true: because several have assured me of a great discrepency they could feel in the seed of their Husbands at severaltimes, and that they were variously affected thereupon.

I shall evidence this by a notable History of *Laurentius Hofmannus*, *De usu & abusu Medic. Chym.* pag. 124. *Et ego ipse nobile par conjugum mirabili morbo afflictum vidi, quos hoc ipso [sc. Mercurio vitæ] feliciter curavi. Casum itaque hunc mirabilem, & vix auditum, lubet apponere. Quotiescunque maritus rem cum uxore juvencula formosissima habere cuperet, maximè hæc trepidabat, concubitumque illius reformidabat, propterea quod plerumque, post seminis masculini, calidissimi, & fætidissimi, effusionem, exanimis in thoro jaceret: fætor enim seminis aded abominabilis fuit, ut ferè semper post coitum in animi deliquium inciderit. Interim tamen quinque annorum spatio decies concepit, & molas, vel extequeæ peperit. In consilium itaque vocatus, Mercurium vitæ marito, uxori verò alia convenientia exhibui remedia; quibus Deus ita benedixerat, ut non tantum magnâ cum dulcedine nobilissimi conjuges deinceps amoris poma decerperent, sed etiam anno sequenti parentes audirent.* That is, 'I knew a noble married couple troubled with a strange sort of Indisposition, whom I successfully cured

L

with

' with *Mercurius vita*. I shall report the Case,
 ' it being rare, and unheard of. As often as
 ' ever the Husband conjugally embraced his
 ' Wife, which was a Person of extraordina-
 ' ry beauty, and youth, *she* used to shiver, and
 ' tremble, and feared nothing so much as
 ' his *amours* : because that for the most part,
 ' after that she had received into her womb
 ' the seed of her Husband, which was very
 ' hot, and of a most stinking scent, she used
 ' to swoon away : for so abominably noy-
 ' som was the seed of her Husband, that
 ' it was no sooner injected, but it caused
 ' faintings and swoonings in her : yet did she
 ' conceive, and miscarry ten times in the
 ' space of five years. Being demanded my ad-
 ' vice, I gave the Husband *Mercurius vita*, and
 ' to the Wife other suitable remedies, which
 ' had so great an effect, by God's blessing, that
 ' the two Noble Personages did enjoy each
 ' other with a great deal of pleasure, and
 ' she brought forth a living childe the fol-
 ' lowing year.

Nor is this repugnant to what we daily
 observe in *uterine injections*, which differ-
 rently operate according to the different
 Ingredients, and Qualities. And if it be so
 herein, how much more ought we to al-
 low the truth hereof in Seminal injections,
 which as they are injected, as are the for-
 mer, so they are received with much more
 ardour, the conflux of Spirits thither oc-
 casioning a greater tension and heat there

at that time, so that the contagion pierces deeper; as Infection is sooner caught by the hot, and sweating (the pores being open) then by the cold, and chill.

Let the *Women* hereby should upbraid the Men, and boast the hazards they run by Marriage: I must crave leave to tell you, that there is as great variety in *their Sex*, as in ours; and that every one, that wears a *Petticoat*, is not capable, nor merits the affection of a Man, how beautifull soever she may be: nay, commonly it may be said, that the *fairest Persons* (where a mixture of white and red accomplishes the face) and the *best shaped* are fitter for *Mistresses*, then *Wives*, and yield a more pleasing entertainment in a *Balcony*, or *Coach*, then *Bed*. I shall not alledge the *Reasons*, though they are irrefragable; but only add, that it were easie to write an *Apology* for those, who, having married such, continue not their affections beyond the first moneth, or year. It is for such that the Proverb of *Hony-moon* was designed: and if any can continue a long affection for such, either the Man is extraordinary good, or cautious, or the *Woman* extraordinary cunning; or else he is a Novice, who, having no experience of the *Sex*, imagines all to be as his *Wife* is; as that *Romane Dame* supposed all Men's breath to stink (the having never kiss'd any else) because her *Husband's* did so. I could here enlarge upon the *Reasons*, why a

Man may love eagerly and constantly a deformed Person to the prejudice of a beautiful Lady, and assert the commendation of *Ronsard* to *Pasithea*, or the Queen of *Navarre*, whom he represents to be

Of Complexion rather brown, then fair.

With which agrees the choice of *Solomon* in the *Canticles*: *I am black, but lovely.* But I shall only add, that it is an undeniable thing, That there is not that Variety, or certainty of Accidents, that befall a Man, so as to render his Embraces distastfull, or fatal (excepting the *French Pox*) to any Woman, that there is in most Women, to render them unfitting, or unworthy the Embraces of a Man: so great an alteration doth Age, Child-bearing, Sicknes, and the like, introduce into the Womb, as to its Natural Make, or Original Ferment. Nor are Men either to be separated for the reality of their applications, and professions, before marriage; because they live not up to them, after it: or to be censured so bitterly for inconstancy; because they persist not in their first Affection, and Declarations: for perhaps the beautiful Lady is changed; or did by Surrender acquaint him with Discoveries he knew not before, nor could make: and therefore, if he proceeded by that Rule, which his sight and utmost enquiry gave him, he acted as well as Man could; but he still might

might be deceived in the Conclusion: but that, being deceived, and *knowing himself to be so*, he should act, and comport himself as if he were not so, is a constraint every Man's Spirit cannot submit to: and therefore it is to be excused, as well as the principal frailties, whereunto Humane Nature is lyable.

The truth of what hath been already said being granted, I shall suggest two Conclusions therefrom, which I think inevitably do follow: *viz.*

I. If it be true, that the collection and ejection of Seed in Man, (or Woman) is a natural act, arising from the Blood depurating it self, and the Ferment of the generative parts particularly operating upon the Blood; then ought they no more to be forced, then those other natural Excretions are, of Snot, Spittle, Urine, &c. which we do not promote, but when their deficiency is, or may be troublesome: nor do we evacuate, but

when we are sensible of their redundancy.

2. If it be true, that there is a great discrepancy not only betwixt the Seed of one Man and another, but betwixt the Seed of the same Man at one time, and another; which is occasioned as well by the Food, and Physick he takes, as by alteration of Age, or Sickness: it is then very considerable what Provocatives a Man takes, or a Woman gives to provoke lust, or conjugal desires, lest the Nature of the Seed be depraved, and the Woman incur harm thereby.

It likewise concerns the Woman to have a particular regard to her self, that she may with equal ardours meet the embraces of her Husband: she must know, that to retain his affection more is necessary then solemn promises, and joyning of bands in the Church, or the continuing of her beautifull aspect and shape; these may acquire, and fix a Servant, but not an Husband: she must therefore take care, that her Blood be every

ry way sufficiently depurated, upon which depends the Vigour of *Body*, and *Minde*; to the effecting whereof more is requisite, then I can now propose.

Active Complexions are only to be preserved what *they are*: all forcing destroys them. These therefore must have a *milde* and *temperate* sort of *Chocolata*; not enriched with any sort of *Pepper*, but that of *Jamaica*, nor any other *Spice*, then of the *West-Indy* growth. They need not *natural heat*; and the aforesaid Composition will sufficiently enliven them: but, if any debility of *Stomach*, or accidental weakness befall them, they may vigo-rate the *Chocolata* with a glass of good *Canary*, or old *Malaga-Sack*, when they mill it up; or take a more rich sort, but yet short of those *hot* and *fiery Compounds* used by the *Spaniards*. The *Pblegmatick* Tempers, if also abounding with ill Humours, must take *Chocolata* cautiously at first: pre-mising a *Purge*, and taking some gentle *Lenitive* once in six or eight days; lest it beget too great a fusion of Humours in his body: and he must begin with *milde Chocolata*, and after take richer and more effectual Compositions. *Nature endures not violent and suddain changes*. I once had a Woman came to me to complain of the *unplivensness* of her Husband; who was, to see to, a *lusty able Man*, but *Pblegmatick*, and of a *muddy aspect*, as if *Cacochymical*: she desiring of me some powerfull *Electuary* to add con-

rage and life to him: I prescribed her one agreeable to what *Vanninus* in his Dialogues recommends; not doubting, but he would propose the most effectual in that kind, *Leachery* being his greatest Moral vice. He had not taken it many times, but it created in him desires altogether unusual; but, in the midst of his and his *Wife's* delight, he fell into a suddain fit of an *Asthma*, which had almost ended his days.

In reference to both these Considerations perhaps it is, that in *Italy* they now condemn *Chocolata*, if we may believe ^m *Sinibaldus*; because it was found so Provocative, that in a little time it rendred the Men impotent: like those *Plants*, which, if they be suffer'd to run to Seed, dy that year. But those *Italians* know no *Chocolata*, but what is of the *Spanish*-make, and abounding with *Cbilli*, or red Pepper.

^m Oritur Aspermia obre-
rum impense
calidarum u-
sum, quæ se-
men, & succos,
è quibus prodit
exsiccant, &

exbauriunt; ut ruta, mentha, camphora, & alia id genus malefica naturalia: quibus addi potest nova illa forbitio, ex calidissimis herbis ab Indis parata, quam vocant Chocolate. Hac enim Seminalem succum arefacit adeo, ut qui illam frequentant, brevi tempore aspermari fiant. *Sinibald. Geneanthrop. lib. 15. rr. 1. cap. 20.*

I shall speak no more concerning the use of *Chocolata*, then as it is prescribed in *Hypochondriacal Melancholy*: because that this doth merit a particular enquiry; for sundry do commend it therein. *Paulus Zacchias* in his *Italian Treatise of Hypochondriacal Melancholy* mentions it, and saith, It is not

to be allowed in that Distemper, but with a great deal of judgment: since he cannot believe, but it is rather *bot*, then *temperate*. And *Piso* saith, he knew none in *Holland* to receive hurt by the use of *Chocolata*, but such, as were troubl'd with *Hypochondriacal* heats: from whence we may collect, that, in his judgment, it could not be allowed them. Yet I have known learned Men here in *England* prescribe it in the Case aforesaid. I shall, with submission to better Judgments, solve the Question by distinguishing the several Compositions of *Chocolata*, and accommodating them to the Disease controverted. In *Hypochondriacal Melancholy* we are to consider how there are great Obstructions in the *Mesenterical Veins*, and *Chyliferous Vessels*, so that no other *Chyle* is distributed into the Body, but what is apt upon the least occasion to ferment, and boil: which as it is perceivable by the Patient in the whole Body, so the multitude of *Arteries* in the *Spleen*, and its communion with the *Stomach* (by what ways I enquire not, but the *Communion* is undeniable) make it primarily and most evidently perceivable there. There is also a Debility of the *Stomach*, which is so relaxed, that it neither digests the Food received, well; nor emits it, being digested: so that it corrupts by long stay in the *Stomach*, (the Body being costive in the mean while) and grows *sour*, and so corrodes the *Stomach*, and whatever

is

is ingested, it presently begets a great conflict in the Stomach, attended with acid vomitings oftentimes, and the whole mass of *subtle* and *sharp* Blood is likewise affected, and put into *heat* and *disorder*, especially the *Hypochondria* thereupon. Thus they are never well, full, nor fasting; and pine away, complaining of a weak Stomach: which the *Italian* and *Spanish* Galenists considering, thought the Disease to proceed from a cold Stomach, and not from an *Aqua Stygia*, or the like *Menstruum* in the Stomach, made up of the several Salts, and Tartars, extracted out of the different meats eaten, and a redundant sharpe liquour issuing out of the capillary Arteries, and coats of the Stomach, into the Stomach: for as the blood is in such very *serous* and *sharp*, so is the Humour transuding into the Stomach heightened in its acrimony, and augmented in its quantity beyond measure. Now, the Question is to be understood, *premissis generalibus*, general Purgings being duely premised, and opening Physick administred. And in this Case I answer, That bot-spiced *Chocolata* (and especially what hath *black*, *long*, or *red* Pepper in it, whose Nature it is to create an acrimony, as well as to heat the Blood) cannot agree with the Stomach; because they will more heat and inflame the Blood, then is tolerable: and this is confirm'd by the experience of *Piso*. But, as for *milde* and *temperate* *Chocolata*, I doubt not, but

but such a sort might be made, as would exactly suit the Disease, and contribute much to the recovery, being given in *water*, not mix'd with *milk*, or *eggs*; but given the *Spanish* and *Indian* fashion: and the *water* it self being such a *water*, as will not stay in the *Stomach*, but pass immediately into the *Blood*, and void it self by *Urine*. To confirm my Opinion, do but consider the Nature of the *Cacao-nut*, and *paste*: it is very *nourishing*, it allays vapours and ebullitions of the *Blood*; it is not apt to sowre (as gruels, and broths of meat, or *China-root* instantly will) and it keepeth the *Body* soluble, and moderately purges by *Urine*. All which Indications we are to aim at in the Cure of this Disease. It also corroborateth the *Stomach* by its adstriction, it allayeth the sower *Humour* by its unctuousness (which floats not on the top, but accurately commixes with the *liquour*) and its bitterishness, then which there is not any thing else more gratefull to a weak *Stomach*. Add to these Considerations, that *Chocolata* is a *liquour*, and that the Cure of *Hypochondriacks* depends upon humectation (seeing that *Me-lancholici, si bene humectantur, bene curantur*) and there is not any thing can occasion a scruple, but the addition of *Sugar*: which how far it may agree, is to be determined by *Experience*, since otherwise it will be condemned by *Reason*. But, should it not agree, the *Cacao-paste* may be prepared for
Persons

Persons deeply *Hypochondriacal* without *Sugar*, or *Spice*, except a few *Anise-seeds*, and powder of *Santals*, or *Sassafras*, and dissolved, upon occasion, together with some *Bezoar*, or any other *Stomachical Preparation* of *Antimony*, or whatever will saturate that *esurive Humour* upon the *Stomach*, and open *Obstructions*. Being thus given, I cannot imagine, but it must be a very effectual contrivance for the desperate *Hypochondriacks*, being regulated by a diligent *Physician*, and an observant *Patient*: without which it is impossible to effect that *Cure*; which is tedious, and requires *circumspection*, and variety of remedies to carry it on. As for those, who are afflicted with that *Distemper*, I suppose a *milde-sort of Chocolata*, with a mixture of *Spice*, and *Sugar*, may agree very well.

The other *Virtues* of *Chocolata* in *Hysterical fits*, and *Asthmas*, or *Consumptions*, I have not time to insist on: from what I have said, and shall say about the way of using *Chocolata*, any *Physician* will be able to collect how it is, or may be used in such like Cases.

Concerning the variety of *Ingredients* in *Chocolata*, and the several frauds in making it up, I have already spoken so much, as I need not to enlarge again: only as to the Addition of *Achiote*, I hear the use of it is condemned by one of our most learned *Physicians*, as being *prejudicial to the Head*. I could

could never yet hear what Motives he had for that Opinion of his: for in all the *Indian Writers* I do not remember any such thing; I have already represented their Testimony, and that is the voice of Experience in Comprobatation of the use of it. I never found any inconvenience by the use of *Achiote* (which is an Ingredient in my ordinary and royal *Chocolata*) nor do I hear of any, that does. I would rather adventure to recommend the use of *Achiote*, since, without heating, it doth powerfully attenuate all gross Humours, (and the Blood of us Northern People is more gross, and less fusile, then that of the *Spaniards*, or *Indians*, and we are prone to Coughs, stoppings of the Chest, and *Astimas*, by reason of our gross feeding, and the thickness of the Blood, whereby it is apt to obstruct the Lungs) and since it doth make the *Chocolata* to agree better with the Stomach, then otherwise it would. I have faithfully declared already the judgment of several Writers concerning *Achiote*. It is generally put into *Chocolata* by the *Indians*, and *Spaniards*, and *Portugheses*; and that none should ever observe in it a particular repugnancy to the Brain, or a quality, that might give ground for such a surmise (which I cannot by my taste) is very strange: and how probable the thing is, let others judge.

Since the writing of the aforesaid Passage I have received the complaints of a fair Lady,

dy, who thinks, that taking of my common
(*Chocolata* with *Achiote* in it, the Head-ach
(whereunto she is Naturally, as well as by
her condition of being with Childe, prone)
is encreased; and that it doth create a more
then usual heat in her Face, and Body; and
indeed I my self, taking for sundry days
of the same *Chocolata*, found, that, taken in
Paste, or *liquour*, it did cause in my *Stomack*
and *Body* a greater and particular heat,
which before I never felt. To finde out the
cause of this Accident, I examined the Per-
son, that made it up, and I found, he had
varied his *Achiote*, and used a new parcel,
(which to me seemed not so good) which
in the same weight did yield a deeper co-
lour by farr, and occasioned, as I thought,
the aforesaid Case, which did not happen
when I used another sort, which to me
seemed more pure, then the last used. But
I did further observe, that the *Chocolata*
complained of did promote *Expectoration*
beyond any other, I ever took to eat, or
drank: so that I conceive, in Case of *Astmas*,
and *stuffings* from *Pblegm*, such a sort of
Chocolata might agree well. As to the heat
of *Achiote* it self, I could not perceive any
more in the last, then in the other; nay, I
must profess, I think, that five Grains of the
said *Achiote*, taken by it self, did not so
much heat me, (nay, it did not cause in
me any sense of heat) as did half a Dram
of *Chocolata-paste* already mentioned:

yet

yet in sixteen Ounces thereof there was but one Scruple. And this Consideration puts me in mind of the *Indian* remark, that *Achiote* (though destitute almost of *Taste*, and *Smell*) doth amend the *Taste*, and *Smell*, (which it may do, as well as the *heat*) of the other Ingredients. And though it be not sensibly *hot*, yet by its penetrancy, and the great attenuating faculty it hath, it may occasion some Distempers in the Head, where the *Blood* is already so attenuated, that it admits no further Rarefaction without indisposing the Head, which (according to *Mechanical Philosophy*) must needs receive a greater afflux of *Blood*, the thinner it is. In the choice of *Achiote* I can only give this Rule, that it be *solid*, not *soft*, rather *pale-red*, then *deep*; free from *seeds*, or *greenish hulls* within; and not *musty*. As to the quantity to be put in, I finde it is impossible to determine the proportion, by reason of the variety of *Achiote*: but take the *Indian* Rule, recorded in *Ledesma*, to put in as much, as will colour it: (and that not deeply) and adhere not to what was prescribed me, viz. *half a Dram in each Pound*: which though it proved well in the first Essay I made for His Majesty, the *Achiote* being singular; it hath since displeased me.

The way, in which I choose to take *Chocolata*, is sometimes to mix *two parts of water* with *one of milk*, and to dissolve the
Cho-

Chocolata-paste therein with an Egg: for I care not for *milk* alone. But most usually I take three quarters of a pint of good [Conduit] water well-boil'd, and dissolve in it (stirring it frequently with a Spoon) one ounce of *Chocolata*, and two ounces of fine Sugar: having let it stand before a moderate fire to dissolve, when it is so dissolved, as that the liquor seems very fatty with a yellow fat, and that there sticks to the spoon an undescribable unctuousness, or oyliness, (however that the *Chocolata* be not half dissolved, but that a great part of it still swim in great flakes, and small parcels, up and down) I proceed to mill it very well, and then set it to the fire again to dissolve more perfectly: and having let it stand a good while (even till it be ready to boil, or near upon it) I mill it once more with great diligence: and then either drink it alone (which is the common *Indian* and *Spanish* way) or putting in one Egg (white and yolk) without ever beating it before breaking it into the water, and immediately milling it very hard, sometimes playing the *molinet* (and that most, at first especially, to break the Egg, and hinder its curdling) on the top of the water, and sometimes at the bottom. And I have observed, that by this course the *Chocolata* (when taken without an Egg) becomes better tasted then otherwise it would: and, if an Egg be put in, the *Chocolata* is farr better dissolved, and

and swims with a greater oyl or fat on the top, then if the Egg were put in sooner, and never so long milled. Nor doth the Egg harden, or *curdle*, if dropped in whole without beating, but dissolve better (if *nimbly milled*, and that towards the top, where the Egg floats at first) then if it were beaten much, and put in afterwards by little and little.

I prepare no more at once, then I drink that time : not that I feel any offensiveness in what hath been once heated, and cold, before it be *beated again* for me : but because I finde an observable difference betwixt *fresh* and *old Chocolata-liquour* : the *Spice* evaporating their more subtile parts. But the discrepency is not such, as is in Pottage, or Gruel, &c. twice heated : nor do I know what reason the *Spaniards* have to prohibite so severely the use of *Chocolata* twice heated. I drink it moderately hot, and dip a piece of *diet-bread*, or *wig*, &c. in it. I drink it without proportion, but commonly half a pint, or more ; and this I do twice or thrice in a day (nay, before Diner) with a sensible refreshment ; finding it to keep my body soluble enough, as I could wish ; though otherwise I am inclined to costiveness. Sometimes I put in a spoonful of *Orange flower-water* ; which gives it a

M

n Mr. Gage Chap. 15. to begin his journey drinks *Chocolatte* ; and eats a Maple-bread with a little Conserve : — and in the same Chapter, that we may know how *hot* he drank it, he calls it a *scalding cup* of his *Chocolatte*.

most

most excellent taste, if the water be good: sometimes (if I am faint with business) I put in a glass of good Canary , or Malaga-

o Vide Lipsium
in Eleſt.
Struckium lib.
3. De Conviviis
Mercurialem,
&c.

Sack: in which I imitate ^o the antient Romans, who did usually mix their old and well-bodied Wines with hot water, which in several houses, call'd *Thermopolia*, was kept always ready for entertainment. And this practise of theirs is asserted by *Campanella* for the most wholesom way of drinking

p Augen. Epist.
t. 3. l. 10. Ep.
30.

Wine. And *Costaus* ^p tells us, that for a weak Stomach there is not any thing more profitable; then a draught of hot Wine; which I have known experimented in England with good success, not only in the case mentioned, but in sundry *Atrophies*, and Consum-

q Valles. phi-
los. Sacr.

ptions. And *Vallesius* ^q tells us, that, however it be Proverbially said, that *Wine is the old Man's milk*, yet is it indigestible, if it be not first heated. I have sometimes Aromatised it with a few *Sassafras* Chips, not unpleasingly. They, who would put in *emulsions*, or the like, must dissolve, and mix the *Chocolata* with less water, and having mill'd it well, then put in the *emulsion*, &c. and mill it again.

As to the times, whereat I take it; I observe none particularly, besides the taking of it in a Morning, and Evening: sometimes sooner, sometimes later, as occasion permits. Nor do I regard the quantity, taking frequently a pint, but usually above half a pint: eating toasted wig, or diet-bread often with it. What it may do to others, I know not;

but

but I never found my sleep retarded, or disturbed by it: it is possible, some may finde it otherwise; for, if Sleep be a *relaxation of the Nerves, and vacation from sense thorough wearisomness of the Organs*, what corroborates Nature, and dispells wearisomness, may (without its disparagement) retard sleep.

I have often wonder'd to hear upon how inconsiderable causes many complain; though they have no occasion to sleep: yet, if they sleep not at certain times, they entertain strange thoughts of their danger of sickness; and condemn the occasion of it presently. So, if they eat not flesh at least once or twice a day, they repute their Stomach to be lost; and imagine they must dy: not regarding, that the end of food is to *repair the defects of Nature*, and prevent its decay for the future: and, when we enjoy these ends, we are not to be solicitous of any particular means further to procure what we already possess. To Eat, to Drink, to Sleep, were there no need thereof, were folly: and he makes Reason submit to Custom, or Conceit, who Eats, Drinks; or Sleeps, when he is sensible, there is no necessity of it; and incurs by a superfluity dangers, he would avoid. *Nizolius*, the great *Ciceronian*, slept not of *ten years*: others have watched longer (as you may read in *Heurnius*) without *Heurnius De morb. cap. cap.* prejudice. Several have never drunk, and others have, to avoid a Dropfie, or the like, ^{17.} for a long time refrain'd all Drink; and

done as well, or better then others : and the
case of Rabbits, Sheep, and sundry Birds,
evidence the possibility of the Antient and
Modern Relations in this case. As for Eat-
ing, except the Maid of *Consolans* (recit-
ed by *Citellus*) I can hardly credit any,
that have subsisted without that : but with-
out doubt a greater temperance might be
practised therein, then is used. And, upon
the aforementioned Account, some cry out
upon *Chocolata*, as if it destroyed their sleep ;
others, that, taking it, they can eat no Diner
after it, it preventing their appetite there-
unto : but, would these people be pleased to
think, that *Chocolata* feeds more then their
Diner, of the loss of which they complain,
and that they are in no danger of dying by
hunger, whilst they feed hereon, the for-
mality of eating a set Meal would not be
insisted on. I must profess, I never could ob-
serve in my self any alteration of my Sto-
mach by drinking *Chocolata* in a Morning :
and, if any have, it is because their Stomachs
are weak, and that their Diner would not
digest well with them, if they had it. Is it
not sufficient, that *Chocolata* offends not
their Stomach ? and that their Blood depu-
rates it self (upon the taking thereof)
by *Sweat, Urine, Stool, and Expectoration* ? Let
them but consider, how apt Meat is to cor-
rupt on the Stomach ; how little it agrees
with a weak Stomach ; and how binding its
remanency, or earthy parts (as they call
them)

them) are : since that in Fluxes it is recommended for an excellent Remedy to give the reliques of the meat, out of which all the strength is Boil'd or Pressed in Jellies and Cullices:) and let them see how much they are hurt by being put by such a Meal.

f Vide Alex.
Trajan. Perron.
De viâ Ro-
man;

I shall conclude with this Advise; that however the *Chocolata* be good; and that such, as stand in need of quick resfection, are to be fed with Drinks; which yield a more speedy nourishment, then others: yet is there Caution to be used in the taking even of the best: for thus my Spaniard directs, whose Prescript agrees with my *Chocolata Royal* almost.

In quantitate hujus potionis sumendæ, & vicibus numero repetitis, est prudens certè cautio adhibenda: nam, si plus jussu, & pluries quàm calor Stomachi ferat, ingeratur, tunc adhuc robusto Stomacho multum negotii facessit, & vices repetitæ onera sunt plenæ, & maximè quando non ad tollendam, sed ad irritandam famem queritur; inde enim pallor, & nervorum cruditate madentium tremor accidit, & miserabilis ex cruditate macies; inde dissentus venter, & decolor vultus; aliquando vertigines, & capitis dolores, & fortè longa febris, & insuperabiles varicosæ obstructions, unde Hypochondriaca Melancholia, & ex varia multiplicique cruditate affectus planè contrarii: iis tamen malis minus erunt obnoxii, qui se non tantis deliciis solverint; qui sibi prudenter temperantes im-

perabunt, & Corpora opere & vero labore exercebunt: hos enim innoxie non tantum Chocolate, sed cibus excipiet, qui non nisi esurienti potest placere. Necesse est enim, ut ex discordi cibo morbi contrarii etiam oriantur: & hac nobis hodie unica videtur ratio, quare in Hypochondriaca Melancholia tam confusa & contraria, & longè inter se dissimilia observentur accidentia; & in plerisque Febris ex contrariis naturæ partibus, quæ in eandem compulsæ redundant. Et hanc propter rationem apud aliquos reor Chocolate noxii opinionem subisse; non quòd illud sui ratione mereatur: quinimò, si temperatâ frugalitate adsumatur, magnas utilitates omnes expertum iri, nobis est indubitata fides; neque displicet, sub hac frugalitate, post prandium & cœnam (maximè moderata) parùm de Chocolate pitissare; ut utroque calore suam digestionem perficiat Stomachus, & inde facultates roborentur, ac, plerisque impediens ablati, melius perficiatur cœtio: quod te experientia feliciter docebit, & moderatio usum securiorem faciet. (That is,) 'There ought to be a great caution, and prudence, used in the number, and quantity of those draughts, we take of Chocolate; for, if it be taken in too large a quantity, or too frequently, so as Nature cannot overcome it, it becomes troublesome even to the most strong Stomachs, and often usage makes it a burthen, especially, if it be taken rather for wantonness, then necessity, to cause, and not allay hunger:

'hunger: for from this cause happens Pale-
 'ness, tremblings, and Palsies of the moistened
 'Nerves, and a miserable leanness occasioned
 'by Crudities; the Belly is distended; the
 'Countenance is discoloured; sometimes
 'Giddiness, and other Aches of the Head,
 'and Chronical Agues, and Fevers, and in-
 'superable Obstructions in the *Varices*, as
 'also *Hypochondriacal Melancholy*, and
 'Diseases of a different Nature springing of
 'several Crudities: but such are least ob-
 'noxious to these Distempers, as do not
 'debilitate themselves with Luxury, who
 'command their Appetite, and keep their
 'Bodies in much exercise; for these may
 'take not only *Chocolata*, but other suste-
 'nance at any time without danger: no
 'food being good upon a full Stomach; for
 'from a repugnancy in the meats ariseth a
 'repugnancy and difference of Diseases:
 'which is in my judgment the reason, why
 'in *Hypochondriacal Melancholy* there is
 'observed such a variety of Accidents, as
 'also in many Fevers, by reason of the se-
 'veral Heterogeneous parts commixing oc-
 'casionally together. And I suppose, that
 'the aforesaid cause moved many to ima-
 'gine *Chocolata* to be somewhat hurtfull;
 'not that it really deserved that imputa-
 'tion: for, if it be moderately used, it is my
 'assured perswasion, that all will finde great
 'benefit thereby. Nor am I against it in
 'them, that practise such moderation, if

So did *Motezuma*, as I shewed in the beginning our of *Bernaldus del Castillo*. they take it after Dinner, or Supper (both of them being moderate) that so Nature, having her own heat augmented by the accessional of *Chocolate*, may better concoct, and strengthen the Faculties, and dissipate what might impede digestion. And this *Experience* will teach; and it is no less true, that it is moderation, that makes it safe to take *Chocolata*. I shall conclude this Discourse with the Judgment of the Learned *Roblez*, Physician in *Peru*, which is as follows.

The

The Judgment of Roblez a Licentiate Physician in Peru concerning Cacao, and Chocolata.

EL Cacao es frio, y seco, de su templansa: y per esto tienen partes astringentes, con que opila. Esta oi el mas valido de quantas mercadurias oi: y esta tan adelante, que ai majorasgos fundados sobre sus heredades, de a dies, y dose mil ducados de orenta. Es el Cacao summamentq alimentoso, por don de hace dudar de su templansa. El aceito, que sale del, quando se cuesse, es blanco, y granujado, que mas parecer manteca. Sacasse tostandolo en casuela de barro, y no es bueno en metal. Muelese el Cacao en la piedra, y con mano de piedra, estando calientes ambos, y echa masa, se pone en puchero al fuego, en las brazas, y entomando calor sale encima la manteca, y aceite mas rubio que la llama, y de su mismo sabor: assi mismo se tuesta para hacer la bebida. Pero quando le uan moliendo, o passiendo por la piedra, le mesclan, anis, canela, y algun clauo; echando a tres libras de Cacao, dos onzas de anis, una de canela, y media de clauo,

clavo, con esto, passan por la piedra dos o tres
 vezes, y luego le echan en caxitas, ole hacer
 panecillos de a onsa, que as lo que adelleuar
 una Xicara de bebida: este es el Chocolate
 regalada, y mas sano, y el, que bebe la gente
 regalada: otros le echan harina de mais, y en
 la Nueva-Espanna viscocho, molido, pero
 esto de mas de hacer, el Chocolate de poca
 dura, es enfermo, por que la harina, que le
 echan, no cosida, aun que va tostada es de
 mal mantenimiento, y causa opilaciones, y o-
 tros mil achaques: tambien le mesclan en o-
 tras partes con Achiotre, por ser a proposito
 para la orina: el modo de hacer la bebida,
 es este. Lo cuessen desaziendo la pasta en
 proporcionada cantidad de agua, poco mas de
 medio quartillo, y dos onsas de asucar, una de
 Chocolate, y cuesse en una olleta uno o dos
 hervores al fuego, y le dan con un molinillo
 hasta llevar espuma, y quanto caliente
 se puede se bebe; el que se bebe
 desta manera, se tiene por mas sano: no soi
 de parecer, se tome muchas vezes, por que in-
 quieta el cossimiento, y carga el estomago de
 muchas crudesas. El Cacao comido confit-
 zado, por la tarde quieta el sueño des toda
 la noche. Solo es bueno para los Soldados, que
 estan de posta. La mantera del Cacao es de
 grande

grande provecho, para las inflamaciones, y para qual quiera fuegos, y quemaduras; y sobre todo, para el tiempo de las viruelas, y serampion, y ampollas, y llagas, se curan untandose a menudo, con a quel aceite, para el principio, aumento, estado de la Erysipela: es gran sedante, y el mayor anodino para el dolor, que causan sus costras, y postillas: para los labios abiertos, y grietas de las manos, y en el rostro: para las enziias, que manan sangre con dolor, se les quita efectos bien contrarios, pero mejor conocidos por la experientia,

That is in *English* as follows.

THe Cacao-nut is cold and dry in its temperament: and thereby it hath parts *adstringent*, wherewith it *obstructs*. It is at this day the most *rich Merchandize* in the *Indies*: and it is of so high an esteem, that they settle by right of *Primogeniture* on their *Eldest Sons* Farms of Cacao, which yield annually twelve thousand Duckets. The Cacao-nut is exceeding *nourishing*, which makes People doubt concerning its particular temperament. The (a) Oyl, that ^{a Rather fat.} comes from it, when it is boil'd, is white, and

b And into
bigger bodies
too, upon long
infusing, and
decocting.

c This is bet-
ter done on a
Stone-table.

d This is true, if the *Cacao*-paste
be long digested on the fire,
and never mill'd : and it is to be
seen only whilst it is hot ; for,
being cold, you have only a
fatty water, and some large
lumps of fat floating, whilst
the lesser grains sink, or strike
against the side, all in very dif-
ferent and irregular figures.

and imbodyes into (b) *Grains*, which seems
rather to be a sort of *butter* : it is to be
extracted by roasting in a large *earthen*
pot [such as we bake meat in] and it doth
not well in a *brass vessel*. The Nut is
grinded in a *Stone-Mortar*, with a *Stone*
pestel, (c) both of them being hot ; and, be-
ing made into a paste, it is set on a
Charcoal-fire in a *Pipkin*, and, as it
heats, there rises up to the top the *but-*
ter, (d) and an *Oyl* more
red then the flame or
fire [of *Charcoal* ;] both
having but one taste. In
like manner it is roasted
to make the *Drink*. And,
as they grinde, or beat it
up in a *Mortar*, they mix
with the Paste some *A-*
nise-seeds, *Cinnamom*, and a few *Cloves* ; ad-
ding to three pounds of *Cacao* two ounces
of *Anise-seeds*, one of *Cinnamom*, and
half an ounce of *Cloves* : with which
they grind it on the *Stone* two or three
times : and then they put it into
little boxes, or they make little *Cakes* of
one ounce-weight, which is the propor-
tion of *Chocolata* to make one draught.
This

' This is the Royal *Chocolata*, being the best,
 ' and most wholefom, and which is drunk
 ' by the Nobility, and Persons of the best
 ' rank. Others mix with it the flower
 ' of *Maiz*: and in *New-Spain* they mix
 ' therewith the fine Powder of *Bisket-*
 ' *bread*: but this sort of *Chocolata* lasts not
 ' long to keep, is not good, but *weak*; be-
 ' cause the flower of *Maiz*, which they put
 ' in, is not boil'd, and prepared; and though
 ' the *Maiz* be prepared by roasting, yet
 ' it yields but bad nourishment, it begets
 ' Obstructions, and a *thousand Aches*, and
 ' Distempers. In other parts they mix
 ' with the *Cacao-paste* some *Achiote*, which
 ' serves to provoke (e)

' *Urine*. And the way of
 ' making their *Chocolata-*
 ' drink is this. They
 ' scrape the *Cacao-paste*,
 ' and dissolve it in a pro-
 ' portionate quantity of
 ' water, to a little more
 ' then half a pint of wa-

e In those hot Countries men
 are very apt to be troubled with
 retention of Urine: which is
 the great reason, they still mix
 in their Compositions what pro-
 vokes Urine; it being usual even
 here for those, that sweat, and
 transpire much, to make less
 water: wherefore we see, that
 in Colds the Urine is more then
 ordinary.

' ter they put in two ounces of Sugar, and
 ' one of the *Paste* of *Cacao*, and they let
 ' it boil in a pot one or two woulms over
 ' the fire, and then they mill it, till it rise
 ' with

' with a large froth ; they drink it as *hot*,
 ' as they can possible : and they, that drink
 ' it so, think it to be *most wholesom*. And
 ' I am of the Opinion, that it ought not
 ' to be drunk too often : because it disturbs

f If it be taken too soon after
 meals ; in which it hath no pe-
 culiar inconvenience, but what
 is general to any Sustainance :
 and it hurts least, because less
 apt to corrupt, then other food
 is.

' (*f*) Concoction , and
 ' loads the Stomach with
 ' many Crudities. The
 ' *Cacao-nut* being made
 ' into Confects, [as *Al-*
 ' *mond-confects* are made]
 ' being eaten at night, makes Men to wake
 ' all night-long : and is therefore good for
 ' Souldiers, that are upon the Guard. The
 ' *Cacao-butter* is excellently usefull in case
 ' of Inflammations, and any scalds, or burns ;
 ' and especially in the small-Pox, and
 ' pustulous Tumours, and eruptions from
 ' heat, and Bruises : they are cured by a-
 ' nointing therewith in the beginning, en-
 ' crease, state, or declination of the *E-*
 ' *rysipelas*, or *St. Antonie's-fire*. It is a great
 ' cooler, and allayer of pains created by
 ' Crusts, or Scars upon Sores, and Pimples,
 ' and in chopped Lips, and Hands, and
 ' Face, and Gums, which bleed, and are
 ' dolorous. It produceth effects very various,
 ' and contrary one to another, which are
 ' best known by Experience. An

An account of the Distillation of
the *Cacao*-nut perform'd by
Mr. *Le Febure*.

WE took eight Ounces of the *Cacao*-nut, and, without hulling them, beat them to a gross powder, and put them in a Retort: we found the body so fix'd, that with an ordinary Fire there came nothing over, but a white liquour in a very small quantity, so clear as water: which we suppose to be the Phlegm. Then we encreased the Fire to such an heat, as if we had been to draw Spirit of Vitriol: then there came over (within the space of seventeen hours Operation) first a Spirit, that was as white as Milk, in Vapours; and, whereas all other Spirits usually ascend in the Recipient, these did descend, and fall to the bottom: and after that (but with a great reverberating Fire; such as he never put to any Vegetable) there came over the Oyl, which was red as blood, but clear; resembling any Tincture for clearness: after it was cold, it became

came thick, like to the Oyl or Butter of Wax for consistence.

The *Caput Mortuum* weighed one ounce, and seven drams; of the Spirit there was about two ounces : and the remainder Oyl, three ounces and an half ; besides what was lost in filtrating, and other contingencies. Upon Separation, the Spirit was as red as blood, like to any exquisite Tincture of *Santals* ; however it were white in the first distilling : which is to be attributed to its being commix'd in the distilling with the subsequent Oyl. The Spirit was not very hot, but exceeding penetrative, and not unpleasant as to smell, or taste, as other Spirits drawn from blood, or flesh, are. But, however it had not any *empyreuma*, nor had that odiousness, which attends Spirits drawn from flesh, yet had it an evident affinity (but with a peculiar in mildness) with flesh. The Oyl was not very unpleasant, but miraculously piercing, (the Volatile Salt, of which there was a great quantity, being unseparated) and had an unexpressible Aromaticallness upon the tongue ; and seem'd very much to delight and refresh the Heart, and Stomach : but with a great resemblance still of flesh.

The

The *Caput Mortuum* had no taste at all, was exceeding light, and carryed with it in smell Testimonies of an affinity with fat flesh, when broiled:

We had not time to pursue a more accurate enquiry into the several Liquours, and Parts, into which the first appearances of this Distillation might be further resolved: but that there may be a very great exercise for further Curiosity in the Distilling of this Nut appears hence, that the *Spirit* in a short space became not only *turbid*, but *sour*, and manifested it self to contain a *Vinegar*: which is not yet examined; but the Honourable *Robert Boyle* Esq; hath promised to make some *Essays* about it. I would not have any offended at the novelty of finding a *Vinegar* in the *Cacao*; for it is an *acid ferment*, that we owe our *digestion* to: and we ought rather to admire the Nature of this *Nut*, which includes in it self not only Principles for *nourishment*, and *food*, but even of *concoction*: and from hence we may observe, what it is, that makes it so agreeable to all, even to the *weakest Natures*. Besides Mr. Boyle told

N

me

fine of several Oyls, he observed in it upon Distillation, the several effects and differences whereof are not yet, through want of time, discovered.

I have nothing more to add now, being just ready to go on Ship-board ; but that I have since met with a Person, whose long Converse and Curiosity in *Spain* have enabled him to judge of *Chocolata* : he informed me of many things so, as to satisfy me, that the course I make *Chocolata* by, is exact : and that, what I have taught *Mortimer* to make, hotter then my ordinary way, is the true *Chocolata* of *Guaxaca*,* and most celebrated in the *Spanish* Court. And I am to acquaint the Nation with a piece of his Intelligence, which was my own Conjecture before, that to make *Chocolata* into *Sweetmeats*, and *Almonds*, it is this *Chocolata* of *Guaxaca* (a Present of which I designed for Her Majesty, had She arrived before my departure, and some whereof is in the hands of the Lady *Wood*) wherewith the said *Confets* are to be made : for milde *Chocolata* will grow *insipid* upon so great a commixture of *Sugar*. Any one may have

have it at *Mortimer's* made for them, if they be-speak it by the name of the *Queen's Chocolata*, as the other bears the name of *Chocolata-royal*, which had His *Majestie's* approbation. There is a sort of *Chocolata* made by Sir *H. Bennet*, which, if I have seen the right Prescript, is conformable to what I understand to be the practise of the *Spanish Court*: yet differs a little from mine, and hath a greater proportion of *red Pepper*, then I allow *English-Men*, however it may suit with the *Female Sex* pretty well. It hath *Musk* in it in as great a quantity, as I put *Amber-grise* in mine: but I think *Musk* not so healthfull in many; for it begets a great fusion and fermentation in the Blood, so as that it causeth it to boil, and colour the face: besides that a little *Musk* chewed is observed to make wounds to bleed; with many other Instances, which I have not time to recount, but shall in the next Edition; with Experiments of my own about it in the making of a sort of Pies with *Almonds*, *Pistachias*, Marrow, &c. and *Musk* sometimes, sometimes *Amber-grise*: which as it is a Dish I love sometimes, so was I pleased with several Observations I made by putting *Musk*

and *Amber-grise* in it. If any will have any made with *Musk*, and those other Ingredients, which a little diversifie it from my *Chocolata-royal*, or that, which I call the *Queen's Chocolata*, I have told *Mortimer* the way: so as they may have it either *milde*, or as *hot* as Sir *H. B.* makes it.

The Gentleman further informed me, that he found *Chocolata* to keep his body *soluble* (as did my much Honoured and Learned Friend Dr. *Quatremaine*, Physician-in-Ordinary to His Majesty:) and if it ever fail'd to do so, he then took it in bed, half an hour before he rose, and it never fail'd to give him a *Stool*, as soon as he was up. He told me, he used to put *butter* in his: and he told me, that they used to take it in *Spain* after they have taken a little *conserve*, *bisket*, or a *salt bit* in a morning. He further told me upon his *Experience*, that, being desperately vex'd with the *Piles*, he took the Butter of *Cacao* (which is the fat I mention, that arises from digesting the *Cacao's simple paste* in water, till the Fat be drawn out) and melted it, and anointed therewith, and it did not only cure him presently, but that he never had them since. I have not time to enlarge on the several
Ex-

Experiments I have since had account of: but I have many more Reasons to recommend it in case of *Hypochondriacal Melancholy*. But I must conclude, adding the Discourse of *St. Austin*, which I hinted at before, because it contains some *Observations* not ordinary in Physick.

The Judgment of *St. Austin* in his Book Of
the City of God: which was too large
 to be inserted before, pag. 136.

Lib. 14. Ch. 23.

— **T**His Contention, Fight, and altercation of Lust, and Will, this need of Lust to the sufficiency of the Will, had not been laid upon the wedlock in *Paradise*, but that *disobedience* should be the Plague to the Sin of *disobedience*: otherwise *those Members had obeyed the Will, as well as the rest*. The seed of Generation should have been sown in the Vessel, as Corn is now in the Field. What I would say more in this kind, Modesty bids me forbear a little, and first ask pardon of chaste ears. I need not do it, but might proceed in any Discourse pertinent to this
 Theme,

Theme, freely, and without fear to be obscene, or imputation of impurity to the words, *being as honestly spoken of these, as others are of any other bodily Members.* Therefore he, that readeth this with unchaste suggestions, let him accuse *his own guilt*, not the nature of the *Question.*————

Ibid. Ch. 24.

Man therefore should have sown the Seed, and Woman have received it, as need required, without all Lust, and *as their wills desired*: for, as now we are, our articulate Members do not only obey our Will, our Hands, or Feet, or so; but even those also, that we move but by small Sinews, and Tendons, we contract, and turn them as we list: as you see in the voluntary motions of the Mouth, and Face. And the Lungs, the softest of all the Entrails, except the Marrow, and therefore placed in the Arches of the Breast, far more safely to take in and give out the Breath, and to proportionate the Voice, do serve a Man's Will entirely, like a pair of Smith's or Organ's Bellows, to breathe, to speak, to cry, or to sing. I omit, that it is natural in some Creatures, if they feel any thing
bite

bite them, to move the skin there, where
 it bites, and no where else; shaking of
 not only Flies, but even Darts, or Shafts,
 by this motion. Man cannot do this: what
 then? could not God give it unto what
 Creatures he listed? Even so might Man
 have had the Obedience of his *lower parts*,
 which his own Disobedience debarred. For
 God could easily have made him with all
 his Members subjected to his Will, even
 that, which now is not moved, but by Lust:
 for we see some Mens natures far differ-
 ent from other-some; acting those things
 strangely with their Bodies, which others
 cannot do, nor hardly will believe. There
 are, that can move their Ears, one, or both,
 as they please. There are, that can move
 all their Hair towards their forehead, and
 back again, and never move their Heads.

There are, that can swallow you twenty
 things whole, and, contracting but their
 Guts a little, give you every thing up as
 whole, as if they had put it into a bagg.
 There are, that can counterfeir the voices of
 Birds, and other Men, so cunningly, that,
 unless you see them, you cannot discern
 them for your hearts. There are, that can
 break wind *backward* so artificially, (a) that
 you

a Lud. Vives
 upon this
 place tells us,
 that there was
 such an one, a
 German, about
 Maximilian's
 court, and his
 Son Philip's,
 that would
 have rehear-
 sed any Verse
 whatsoever
 with his tail.

you would think they *jang*. I have seen one
 when he was sick of a *Tertian* at *Bruges*, as often as the Physician told him, it was good to sweat, he would but hold his breath a little, & cover himself over head in the bed, and swear presently. They, that saw it, wondered at his strange constitution; but they would have wondered more at St. *Augustine's* Swearer, that swear as easily as one could spit.

you would think they *jang*. I have seen one
 sweat (6) when he lifted: and it is sure, that
 some can weep when they lift, and shed
 Tears plentifully. But it is wonderfull, that
 divers of the Brethren tryed of late in a
 Priest call'd *Restitutus*, of the Village of
Calaman, who, when he pleased (and they
 requested him to shew them this rare Ex-
 periment) at the feining of a lamentable
 sound drew himself into such an Extasie,
 that he lay as dead, senseless of all punish-
 ing, pricking, nay even of burning, but that
 he felt it sore after his waking. And this
 Rapture was found to be true, and not
 counterfeit in him, in that he lay still with-
 out any breathing: yet he said afterwards,
 that, if one spake aloud, he thought he
 heard him, as if he were afar off. Seeing
 therefore that, in this *frail State* of ours, the
 Body serveth the Will in such extraordi-
 nary effects; why should we not believe, that,
 before his disobedience, the first Man
 might have had his means, and Members
 of Generation, without Lust? But he, ta-
 king delight in himself, was left by God
 unro himself, because he would not obey
 God. And this proves his misery the plainer;
 in that he cannot live, as he would.

FINIS.

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